

INGREDIENTS FOR THE GOOD LIFE

APRIL 2020

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THE
RAINBOW



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Unearthing Oregon's Hidden Bounty

The uniquely flavored black and white truffles found in the Willamette Valley are finally having their day—thanks to a quirky turn of events.

By Rowan Jacobsen

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Purple, Plated

Vibrant and a little bit mysterious, violet-hued produce is not only pretty—it also has some pretty big health benefits.

By Becky Duffett

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Growing Young Minds

In the 25 years since Alice Waters' original Edible Schoolyard launched, school curriculums and cafeterias have greened up considerably. The result for students: better lunches *and* better academics.

By Lucy M. Clark

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Color by Nature

Clearly plants have got it going on when it comes to putting the shades of the rainbow on glorious display. That's why we turn to them here to doll up cakes, cookies and more.

By Nancy Baggett

COVERS: MAREN CARUSO
STYLING: ALICIA DEAL,
JENNIFER THOMAS PRODUCTIONS
THIS PAGE: LEIGH BEISCH
STYLING: EMILY CANEER (FOOD),
GLENN JENKINS (PROPS)

Powders made from dehydrated fruits and vegetables color the recipes starting on page 92.



DEPARTMENTS



Quiche Lorraine,
page 106

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9 Dinner Tonight

Sixteen recipes that prove delicious weeknight meals are possible—without the help of the Grubhub guy. Pick up a few ingredients on your way home and chile-pineapple pork chops or curried beef hand pies are yours in no time. We've also got three ways to spice up the basic spud, including Cheesy (and *bacony*) Potato Skins.

37 Good Life

Kelp. Moringa. Fonio. These are some of the cool ingredients chefs are experimenting with now. Find out how they could be the key to a more secure food system. Plus, four ways to prevent age-related muscle loss and the scoop on CBD.

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Our favorite flavored fizzy drinks (not a sugar bomb in the bunch), the best vegan fast-food eats and ideas for adding a hearty dose of protein to your morning oatmeal.

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This month we're devoting the whole section to all things egg: how to dye them naturally, what to know about cholesterol, 3 tools worth investing in and must-make recipes. (Pimiento cheese deviled eggs? Please and thank you!)

108 Food with Purpose

More than 80% of adults with intellectual and developmental disabilities are unemployed. Amy Wright's coffee shops are helping change that stat.

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Eat the Rainbow

This April color-themed edition of *EatingWell* has six different covers, each loaded with produce in one hue (*above*). You ended up, by chance, with one of them. My opinion: our art team, along with photographer Maren Caruso, nailed it!

Over the years, we've made plenty of covers that show off fruits and vegetables. At their best, they get you inspired about eating the good stuff. But, truth is, you probably don't need a ton of help in that department. You're as into fruits and veggies as we are. When we ask what you think of our stories, you consistently rank ones that focus on ingredients like pumpkins, potatoes or cauliflower as your favorites. (Find out about joining our feedback panel to share your thoughts about our stories at eatingwell.com/meredithvoices.) The traffic on eatingwell.com backs it up, too—you're most fired up about big salads, veggie-laden soups, loaded-up

stuffed vegetables and anything spiralized.

Since you consistently prove that this produce-love runs deep, I shouldn't have been surprised by your Instagram answers to the "We Asked You" question on page 6. We wondered what vegetables you planned to grow this coming season. I expected a muted response. After all, it wasn't about cooking or eating. I was dead wrong. You are pumped for gardening! You're planting "rattlesnake beans" and "ají caballero peppers." I need to try these! You eerily seemed to know this issue was on its way, though I swear we hadn't told you. One reader replied, "I'm looking forward to planting the colors of the rainbow: tomatoes, cucumbers, squash, peppers, eggplant, zucchini and an array of herbs to make them all come alive! #eattherainbow." Several of you were delightfully focused on the

benefits of getting into the dirt, as in this response: "I long to ground myself barefooted and quiet my soul, and to feel the coolness of the grass under my toes." And to sum it up, "Looking forward to growing broccoli, Brussels sprouts and cauliflower again—I love the taste but, additionally, am amazed at the beauty of the plant, stalks and stems! Nature is gorgeous!"

Your answers echo what renowned chef Alice Waters told our associate editor, Lucy Clark, for her story about school gardens on page 84: "Every school should have a garden. Even if it's up the side of a wall or on the roof. It's just so important that we fall in love with nature again." Hallelujah, Alice! Maybe it's a tad grandiose, but I'd like to think that in some small way these covers, and many of the pages in the magazine, spark inspiration to fall in love with nature again.

Jessie Price
editor@eatingwell.com

Hover your phone's camera over this code to follow me on Instagram @jessieeatwell



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WHAT'S TRENDING ON

EatingWell.com

1 Rainbow Recipes

We're all about coloring your plate every day of the week, starting with this Eat-the-Rainbow Chopped Salad with Basil & Mozzarella (right). Lots more at: EatingWell.com/Rainbow

2 30-Day Sustainable Eating Challenge

To celebrate Earth Day (April 22), try our daily tips to eat greener and cut down on food waste. EatingWell.com/SustainabilityChallenge

3 Easy Easter Sides

Balsamic Roasted Carrots. Garlic-Parmesan Asparagus. We could keep going, but why not hop on over to our website yourself? EatingWell.com/EasterSides



GOOD-LIFE GURUS

Brighten up your feed this month by following these colorful Instagrammers.



@rainbowplantlife

For produce inspiration and pretty presentation ideas (like this berry tray), visit vegan blogger Nisha Vora's feed. You'll be sure to find great recipes to cook for dinner too. Think Turmeric Chickpea Curry, Green Goddess Pesto Pasta and Za'atar White Bean Stuffed Sweet Potatoes.



@saltyseattle

The next time your kiddos gift you a penne necklace or farfalle picture frame, you can say—with total sincerity—they could be a pasta artist one day. Linda Miller Nicholson is living that dream. Her vibrant pasta creations are all plant-dyed. Above: Beets + dragon fruit make red hues; spinach + turmeric turn to greens.



@lokokitchen

Pie maven Lauren Ko goes through 30 pounds of butter and 20 pounds of flour—in *one month*. Of course, that's just what it takes when you're committed to making intricately patterned pies like this wavy nectarine one (above). Following her on Instagram is guaranteed to spark some serious pie cravings, plus inspire you to craft your own creative bakes. Obsessed already? Her first cookbook, *Pieometry*, drops this fall (available for pre-order now).

WE ASKED YOU:

What will you plant in your garden this spring?

Fairytale eggplants and tomatoes.

Always tomatoes.
—cookonyournerve

Love my **okra** every year!!! —damsel53

Hops! We already have 2 varieties for home-brewing, but would like to plant some more. Also several varieties of hot peppers and a new lavender plant. I use the lavender flowers and leaves to make infused sugar, salt, simple syrup, butter and vodka. —r_albrecht

Arugula—so peppery when it's fresh from the garden. —jetsetnat

Persian cucumbers, watermelon radishes, tarragon, purple basil and spearmint.
—mamaryjoon

I'm reading the book *Secrets of the Soil* and am inspired to dedicate a section of my vegetable garden to growing **stinging nettle**, chamomile, valerian and yarrow...to harvest and compost, to add back into the soil. Soil needs a lot of nurturing. —spcercone

Nasturtiums are good for pollinators, the flowers are edible and can grace any plate or decorate a cake.
—wivalerie



What's your favorite summer dessert?

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DINNER TONIGHT



15
EASY
HEALTHY
RECIPES

PHOTOGRAPHY BY
Blaine Moats

STYLING KELSEY BULAT (FOOD)
SUE MITCHELL, SCOTT JOHNSON (PROPS)

A Pan & a Plan

Lemon & Fennel Poached Salmon ▶



FLAVOR UPGRADE

Fennel fronds add herbaceous notes to this dish. If you get a bulb without them, use dill instead.

Lemon & Fennel Poached Salmon

ACTIVE: 15 min TOTAL: 35 min

Poaching salmon in an aromatic broth infuses it with flavor while keeping it moist. Cook it with the skin on and keep the simmer gentle to ensure the fish stays intact.

- 1 medium bulb fennel with fronds (about 1 pound), trimmed and thinly sliced, fronds reserved for garnish
- $\frac{1}{2}$ cup dry white wine
- 1 lemon, thinly sliced, plus wedges for garnish
- 1 clove garlic, thinly sliced
- 1 tablespoon coriander seeds
- 1 tablespoon fennel seeds

- $1\frac{1}{4}$ pounds salmon fillet, skin-on, cut into 4 portions
- 4 cups water
- 1 teaspoon salt, divided
- $\frac{1}{2}$ teaspoon ground pepper, divided
- 1 tablespoon unsalted butter, cut into 4 pieces

1. Combine sliced fennel, wine, lemon slices, garlic, coriander seeds and fennel seeds in a large high-sided skillet or large pot. Place salmon, skin-side up, on top. Add water, $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Bring to a simmer over medium heat. Reduce heat to low, cover and cook until the fish is just cooked through, about 3 minutes. Transfer the salmon to a plate.

2. Increase heat to high and bring the mixture to a boil. Cover and cook until the fennel is tender-crisp, about 5 minutes. Reserve 1 cup of the cooking liquid and drain. 3. To serve, place a piece of butter in each of 4 shallow bowls. Divide the fennel mixture among the bowls. Top with the salmon and sprinkle with the remaining $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Ladle $\frac{1}{4}$ cup of the reserved cooking liquid over each serving and sprinkle with reserved fennel fronds and lemon wedges, if desired.

SERVES 4: 3 oz salmon, 1 cup fennel & $\frac{1}{4}$ cup sauce each.

Cal 365 Fat 22g (sat 6g) Chol 86mg Carbs 5g
Total sugars 3g (added 0g) Protein 30g
Fiber 2g Sodium 445mg Potassium 782mg.

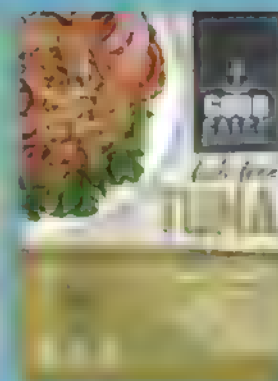


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Grilled Chile-Pineapple Pork Chops

ACTIVE: 30 min TOTAL: 30 min

Never grilled pineapple? Get ready to be wowed. It caramelizes beautifully for a deeper flavor. Plus it's a totally tasty match with pork, cilantro and a little heat from serranos.

- ½ cup chopped fresh cilantro, plus more for garnish**
- ½ cup pineapple juice**
- 1 serrano or jalapeño pepper, seeded and finely chopped**
- 1 tablespoon honey**
- 1 tablespoon lime juice**
- 1 teaspoon salt, divided**
- ½ teaspoon ground pepper, divided**

- 1 pound boneless thin-cut pork chops, trimmed**
- 1 medium pineapple, peeled, cored and cut into ½-inch-thick rings**
- 1 large red onion, cut into ½-inch-thick rings**
- 1 tablespoon extra-virgin olive oil**
- Lime wedges for serving**

1. Preheat grill to medium-high or heat a grill pan over medium-high heat.
2. Combine cilantro, pineapple juice, serrano (or jalapeño), honey, lime juice and ¾ teaspoon each salt and pepper in a blender; puree until smooth. Reserve ¾ cup for serving. Transfer the remaining mixture to a medium bowl and add pork chops. Turn to coat and let marinate for 5 minutes.

3. Brush pineapple and onion slices with oil. Remove the pork from the marinade and sprinkle with the remaining ¾ teaspoon salt and ¾ teaspoon pepper. Grill, flipping once, until an instant-read thermometer inserted in the thickest part of a chop registers 145°F, 3 to 5 minutes per side. Grill the pineapple and onions, flipping once, until lightly charred, 4 to 5 minutes per side.

4. Serve the pork, pineapple and onions drizzled with the reserved sauce. Serve with more cilantro and lime wedges, if desired.

SERVES 4: 3 oz. pork, 1½ cups pineapple & onion each

Cal 337 **Fat** 8g (sat 2g) **Chol** 65mg **Carbs** 42g
Total sugars 31g (added 4g) **Protein** 28g **Fiber** 4g
Sodium 667mg **Potassium** 720mg.

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TOM COLICCHIO / Chef



Spiced Grilled Chicken with Cauliflower Tabbouleh

ACTIVE: 35 min TOTAL: 35 min

We chose flat-leaf parsley in this salad because it has a stronger herbal taste than its sometimes-bitter curly counterpart.

- 5 tablespoons extra-virgin olive oil, divided
- 2½ teaspoons ground cumin, divided
- 1½ teaspoons dried marjoram
- ¾ teaspoon salt, divided
- ¾ teaspoon ground allspice
- ¾ teaspoon cayenne pepper

- 1 pound boneless, skinless chicken breast, trimmed
- ¼ cup lemon juice
- 2 cups fresh riced cauliflower
- 2 cups flat-leaf parsley leaves
- 1 cup diced cucumber
- 1 cup halved cherry tomatoes
- ¼ cup sliced scallions

1. Preheat grill to medium-high.
2. Mix 2 tablespoons oil, 2 teaspoons cumin, marjoram, ½ teaspoon salt, allspice and cayenne in a small bowl. Brush on chicken.
3. Grill the chicken, turning occasionally, until

an instant-read thermometer inserted in the thickest part registers 165°F, 10 to 12 minutes.

4. Meanwhile, whisk lemon juice with the remaining 3 tablespoons oil, ½ teaspoon cumin and ¼ teaspoon salt in a large bowl. Add riced cauliflower, parsley, cucumber, tomatoes and scallions; toss to coat.

5. Transfer the chicken to a clean cutting board and let rest for 5 minutes. Thinly slice the chicken and serve over the tabbouleh.

SERVES 4: 3 oz. chicken & 1¼ cups tabbouleh each
Cal 341 **Fat** 21g (sat 3g) **Chol** 83mg **Carbs** 8g
Total sugars 3g (added 0g) **Protein** 28g **Fiber** 3g
Sodium 522mg **Potassium** 711mg.



GRAIN EXCHANGE

Swapping riced cauliflower for bulgur in this tabbouleh amps the veggie servings. If you go for frozen, cook, cool and pat dry before using. For more cauli rice recipes, hover your phone's camera over this smart code.



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Curried Beef & Pea Hand Pies

ACTIVE: 35 min TOTAL: 45 min

These samosa-inspired hand pies call for curry powder and garam masala, spice blends that allow you to add the power of 10 spices in just two ingredients.

- 2 tablespoons corn oil, divided
- 1 pound lean ground beef
- 1 small onion, finely chopped
- 1 small red potato, diced
- $\frac{1}{2}$ cup frozen peas, thawed
- 2 cloves garlic, finely chopped
- $1\frac{1}{2}$ teaspoons garam masala
- $1\frac{1}{4}$ teaspoons curry powder, divided
- $\frac{3}{4}$ teaspoon salt
- $\frac{1}{2}$ cup unsalted tomato sauce
- All-purpose flour for rolling
- 1 pound whole-wheat pizza dough, at room temperature
- $\frac{3}{4}$ cup shredded pepper Jack cheese

1. Position racks in upper and lower thirds of oven; preheat to 475°F. Coat 2 baking sheets with cooking spray.
2. Heat 1 tablespoon oil in a large skillet over medium-high heat. Add beef, onion and potato; cook, breaking up the meat and stirring occasionally, until the beef is no longer pink and the potato is tender, about 7 minutes. Stir in peas, garlic, garam masala, 1 teaspoon curry powder and salt; cook, stirring, for 1 minute. Stir in tomato sauce and remove from heat.
3. On a lightly floured surface, divide dough into 6 pieces. Roll out one piece into an 8-inch circle. Transfer to a prepared pan. Place a generous $\frac{1}{2}$ cup filling on one half of the circle, leaving a 1-inch border. Sprinkle with 2 tablespoons cheese. Brush the border with water and fold the top half over the filling. Fold the edges over and crimp with a fork to seal. Make several small slits in the top to vent steam. Repeat with the remaining dough and filling. Mix the remaining 1 tablespoon oil and $\frac{1}{4}$ teaspoon curry powder in a small bowl and brush on the pies.
4. Bake the pies, switching the pans halfway through, until browned on top, about 15 minutes. Let cool slightly before serving.

SERVES 6: 1 pie each

Cal 442 **Fat** 20g (sat 6g) **Chol** 70mg **Carbs** 38g
Total sugars 3g (added 0g) **Protein** 30g **Fiber** 3g
Sodium 662mg **Potassium** 485mg.

MAKE IT EASY ON YOURSELF WITH

The Easter Cheesecake

RASPBERRY-LEMON CHEESECAKE BARS

Prep Time: 15 min. | Total Time: 6 hours 5 min. | Makes: 18 servings
(incl. refrigerating)

WHAT YOU NEED

2 cups graham cracker crumbs
1 cup plus 2 Tbsp. sugar, divided
6 Tbsp. butter, melted
3 cups (12 oz.) raspberries, divided
1 Tbsp. each zest and juice from 1 lemon
4 pkg (8 oz. each) PHILADELPHIA Cream Cheese, softened
4 eggs

MAKE IT

HEAT oven to 325° F.

LINE 13x9-inch pan with foil, with ends of foil extending over sides.

COMBINE graham crumbs, 2 Tbsp. sugar and butter; press onto bottom of prepared pan. Bake 10 min.

RESERVE 1/2 cup raspberries and 1 tsp. lemon zest for later use.

BEAT cream cheese, lemon juice, remaining zest and remaining sugar in large bowl with mixer until blended. Add eggs, 1 at a time, mixing on low speed after each just until blended. Gently stir in remaining raspberries; pour over crust.

BAKE 35 to 40 min. or until center is almost set. Cool completely.

REFRIGERATE 4 hours. Top with reserved raspberries and lemon zest.

Use foil handles to remove cheesecake from pan before cutting into bars.

THE HOLIDAYS ARE *Made* WITH



Honey-Mustard Chicken with Asparagus Farrotto

ACTIVE: 25 min TOTAL: 1 hr

Risotto gets a whole-grain upgrade by swapping in farro (a type of wheat) for the white rice. The grain adds a chewy bite and nutty flavor, plus 4 extra grams of fiber per serving.

- 4 tablespoons extra-virgin olive oil, divided
- 1 cup farro
- 4 cups low-sodium chicken broth, divided
- 1 pound chicken tenders
- 1 tablespoon dry mustard
- $\frac{3}{4}$ teaspoon salt, divided
- $\frac{3}{4}$ teaspoon ground pepper, divided
- 1 1-pound bunch asparagus, trimmed and chopped
- 2 tablespoons honey
- $\frac{1}{4}$ teaspoon crushed red pepper
- $\frac{1}{2}$ cup chopped fresh parsley

1. Heat 1 tablespoon oil in a medium saucepan over medium-high heat. Add farro and cook, stirring frequently, until toasted, about 2 minutes. Add 3 cups broth and bring to a boil. Reduce heat to maintain a simmer, cover and cook until the farro is tender, about 30 minutes. Remove from heat.

2. Meanwhile, sprinkle chicken with mustard and $\frac{1}{2}$ teaspoon each salt and pepper. Heat 2 tablespoons oil in a large skillet over medium-high heat. Add the chicken and cook, flipping once, until browned and an instant-read thermometer inserted in the thickest part registers 165°F, 6 to 8 minutes. Transfer to a plate.

3. Add the remaining 1 tablespoon oil and asparagus to the skillet. Sprinkle with the remaining $\frac{1}{4}$ teaspoon each salt and pepper and cook, stirring frequently, until tender-crisp, about 3 minutes. Add the asparagus to the farro and stir until the mixture is creamy, about 2 minutes.

4. Add the remaining 1 cup broth, honey and crushed red pepper to the skillet. Bring to a simmer and cook, scraping up any browned bits, until the sauce is reduced by half, about 2 minutes. Add the chicken and turn to coat.

5. Stir parsley into the farro. Serve the farro topped with the chicken and the sauce.

SERVES 4: 3 oz. chicken, 1 cup risotto & 2 Tbsp. sauce each

Cal 508 **Fat** 20g (sat 3g) **Chol** 63mg **Carbs** 50g
Total sugars 12g (added 9g) **Protein** 36g **Fiber** 6g
Sodium 569mg **Potassium** 577mg.



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Sheet-Pan Steak Fajitas

ACTIVE: 30 min TOTAL: 45 min

Preheat sheet pans to sizzle meat and vegetables just like in a skillet, but with a whole lot more hands-off time.

- 2 tablespoons extra-virgin olive oil
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- $\frac{1}{2}$ teaspoon ground cumin
- $\frac{1}{4}$ teaspoon salt
- 1 pound flank steak, trimmed
- 4 cups sliced onions
- 2 cups sliced bell peppers
- 2 cups sliced poblano peppers
- 8 6-inch corn tortillas, warmed
- $\frac{1}{2}$ cup guacamole
- Lime wedges for serving
- Cilantro for garnish

1. Position racks in upper and lower thirds of oven and place a large rimmed baking sheet on each; preheat to 500°F.
2. Combine oil, chili powder, garlic powder, cumin and salt in a large bowl. Rub steak with half of the spice mixture. Add onions, bell peppers and poblanos to the bowl and toss to coat. Carefully place the steak on the pan on the top rack. Carefully spread the vegetables on the pan on the lower rack. Roast until the steak and vegetables are starting to brown, about 8 minutes.
3. Flip the steak and stir the vegetables. Turn the broiler to high and continue cooking the steak to desired doneness (an instant-read thermometer inserted in the thickest part will register 120°F for medium rare) and the vegetables until charred, about 6 minutes more. Transfer the steak to a cutting board and let rest for 5 minutes.

4. Slice the steak across the grain and serve in tortillas with the vegetables and guacamole. Serve with lime wedges and cilantro, if desired.

SERVES 4: 2 fajitas each

Cal 495 **Fat** 23g (sat 6g) **Chol** 92mg **Carbs** 35g
Total sugars 10g (added 0g) **Protein** 37g **Fiber** 8g
Sodium 394mg **Potassium** 746mg.

**RIFF
IT**

#1

Skip the steak to make it vegetarian, and serve with warmed beans for protein.



#2

Vary the vegetables—swap in zucchini, mushrooms and tomatoes.



#3

Instead of tortillas, serve in whole-wheat hoagie buns for a variation on a torta.



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- 2 tsp. GOYA® Minced Garlic
- 2 tsp. GOYA® Paprika
- 1 tsp. GOYA® Cumin
- 1/8 tsp. GOYA® Crushed Red Peppers
- 1 lb. ground beef
- GOYA® Adobo with Pepper, to taste
- 2 hardboiled eggs (optional)
- 1/4 cup raisins (optional)
- 12 GOYA® Manzanilla Olives Stuffed with Minced Pimientos, chopped (about 1/4 cup)

For the Dough:

- 2 pkgs. (12 oz.) GOYA® Tapas Hojaldradas – Puff Pastry Dough for Turnovers, thawed
- 1 egg, lightly beaten

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One Potato, Two Potato, Three Potato, *Score!*

Whether you like them crispy, tender or a mixture of both, the recipes here will satisfy your tater craving.





1.

Cheesy Potato Skins

ACTIVE: 40 min TOTAL: 40 min

Serve these savory bites as a side or cut into 1-inch pieces and serve as an appetizer. Refrigerate or freeze the potato flesh to make mashed potatoes another night.

Prick 4 large **russet potatoes** (about 3 lbs.) several times with a fork. Place on a microwave-safe plate and microwave on High for 5 minutes. Carefully flip the potatoes and continue microwaving until soft, 8 to 10 minutes more. Meanwhile, preheat broiler to high. Line a large rimmed baking sheet with foil. Cut the potatoes in half lengthwise and, leaving a ¼-inch border, scoop out the insides (reserve for another use). Brush both sides of the potato skins with 2 Tbsp. **extra-virgin olive oil** and sprinkle with ½ tsp. **salt** and ¼ tsp. **ground pepper**. Place on the prepared pan. Broil, turning occasionally, until starting to crisp, 8 to 10 minutes. Place the potatoes skin-side down and top each with 1 Tbsp. shredded **Cheddar cheese**. Broil until the cheese is melted, 1 to 2 minutes more. Serve topped with **sour cream**, **chopped chives** and/or crumbled cooked **bacon**, if desired.

SERVES 8: 1 potato skin each

Cal 141 **Fat** 6g (sat 2g) **Chol** 7mg **Carbs** 19g
Total sugars 1g (added 0g) **Protein** 4g **Fiber** 1g
Sodium 197mg **Potassium** 435mg.

2.

Melting Potatoes

ACTIVE: 25 min TOTAL: 1 hr 10 min

The name for these spuds hints at their creamy interior. Roasting them at high heat ensures they get crunchy on the outside. Then, adding a little broth at the end allows the potatoes to absorb the liquid, making the insides extra moist.

Position rack in upper third of oven; preheat to 500°F. Peel 2 lbs. **yellow potatoes** and slice into 1-inch pieces. Toss in a large bowl with 2 Tbsp. each melted **butter** and **extra-virgin olive oil**, 2 tsp. chopped **fresh thyme**, 1 tsp. chopped **fresh rosemary**, ¾ tsp. **salt** and ½ tsp. **ground pepper**. Arrange the potatoes in a single layer in a 9-by-13-inch baking pan. Roast, flipping once, until browned, about 30 minutes. Add 1 cup **low-sodium broth** and 5 smashed **garlic** cloves to the pan. Roast until most of the broth is absorbed and the potatoes are very tender, about 15 minutes more. Serve hot.

SERVES 6: ¾ cup each

Cal 206 **Fat** 9g (sat 3g) **Chol** 10mg **Carbs** 28g
Total sugars 0g (added 0g) **Protein** 3g **Fiber** 2g
Sodium 315mg **Potassium** 842mg.

3.

Potato & Asparagus Rösti

ACTIVE: 10 min TOTAL: 30 min

Preshredded potatoes are the key to making this crisp pancake quickly. Top with fried eggs and a salad and it becomes a meal.

Trim 8 oz. **asparagus** and cut into 2-inch pieces. Heat 1 Tbsp. **extra-virgin olive oil** in a medium nonstick skillet over medium heat. Add the asparagus and ¼ tsp. **salt**. Cook, stirring, until tender, about 3 minutes. Add 1 Tbsp. **butter** and 1 lb. **frozen shredded potatoes**; stir to combine. Press the mixture gently into a single layer. Cook until crispy on one side, about 10 minutes. Slide the rösti onto a plate. Drizzle the top with 2 Tbsp **extra-virgin olive oil**, then invert into the pan so the crispy side is up. Cook until crispy on the other side, 8 to 10 minutes more. Slide onto a serving plate and sprinkle with ¼ tsp **salt**. Slice into 6 wedges.

SERVES 4: 1 wedge each

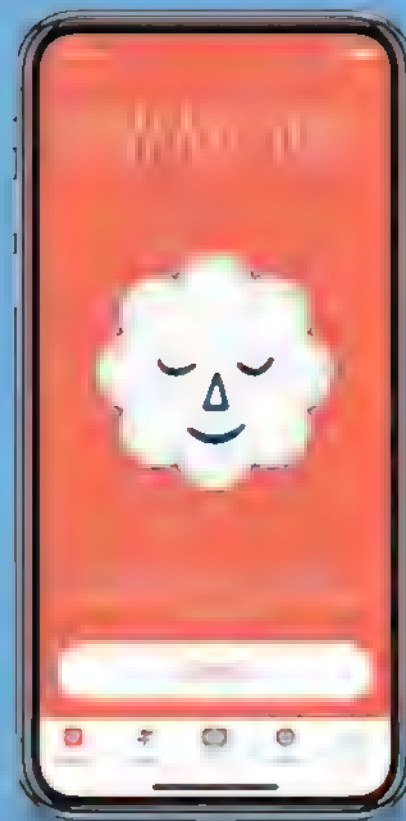
Cal 206 **Fat** 13g (sat 3g) **Chol** 8mg **Carbs** 19g
Total sugars 1g (added 0g) **Protein** 3g **Fiber** 2g
Sodium 305mg **Potassium** 62mg.



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Crispy Ham & Pea Shoot Salad

ACTIVE: 25 min TOTAL: 25 min

Turn leftover ham into a crouton-esque topping with a quick sear in a hot pan.

- 4 tablespoons extra-virgin olive oil, divided
- 4 ounces diced ham (scant 1 cup)
- 1 tablespoon whole-grain mustard
- 5 tablespoons cider vinegar, divided
- 1 cup peas, fresh or frozen
- $\frac{1}{4}$ teaspoon ground pepper
- 1 tablespoon chopped fresh tarragon

- 4 cups baby arugula
- 3 cups pea shoots (see Tip)
- $\frac{1}{2}$ cup toasted unsalted sunflower seeds

1. Heat 1 tablespoon oil in a medium skillet over medium-low heat. Add ham and cook, stirring occasionally, until crispy, 8 to 10 minutes. Using a slotted spoon, transfer the ham to a plate.
2. Add mustard to the pan and scrape up any browned bits. Stir in 4 tablespoons vinegar and the remaining 3 tablespoons oil. Add peas and pepper; cook, stirring occasionally, until the

peas are tender, 3 to 4 minutes. Remove from heat and let cool for 5 minutes. Stir in tarragon and the remaining 1 tablespoon vinegar.

3. Place arugula and pea shoots in a large bowl. Add the pea mixture and toss well to combine. Top with the ham and sunflower seeds.

SERVES 4: 1 $\frac{1}{2}$ cups each

Cal 331 Fat 25g (sat 3g) Chol 13mg Carbs 14g

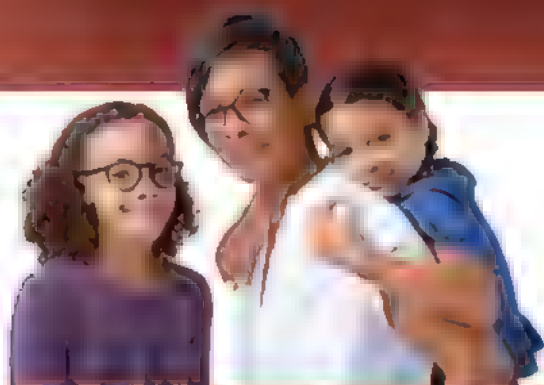
Total sugars 5g (added 0g) Protein 13g Fiber 5g

Sodium 500mg Potassium 253mg.

THESE SHOOTS SCORE!

Pea shoots are the tender leaves and stems of the sugar snap pea plants. Not to be confused with the more delicate pea sprouts, which, like microgreens, are the sprouted seeds.





Olive Affair

Can't get your little ones to touch olives? Start with Castelvetrano. By Joy Howard



THE ORIGIN To bear the name Castelvetrano, olives have to be grown and processed in a part of Sicily surrounding the town of—you guessed it—Castelvetrano.

THE FLAVOR Known for their buttery flavor and subtle sweetness, these small fruits are a perfect introduction to olives.

THE COLOR The signature bright green is maintained by curing the olives, immediately after harvesting, in a salty alkaline liquid. The cure only takes 12 to 24 hours compared with a typical olive cure, which takes many months.

Herb-Roasted Chicken with Potatoes, Olives & Feta

ACTIVE: 20 min TOTAL: 1 hr

Roasting everything in one pan melds the flavors. The chicken absorbs the briny taste of the olives and the potatoes cook in the chicken drippings, making them extra savory.

- $\frac{1}{4}$ cup extra-virgin olive oil
- 3 tablespoons chopped fresh oregano, plus more for garnish
- 1 tablespoon chopped fresh thyme, plus more for garnish
- 3 cloves garlic, grated
- $\frac{1}{2}$ teaspoon ground pepper
- $\frac{1}{4}$ teaspoon kosher salt
- $1\frac{1}{2}$ pounds baby red potatoes, halved or quartered if large

- $\frac{1}{2}$ cup pitted Castelvetrano olives, coarsely chopped
- $1\frac{3}{4}$ pounds bone-in chicken thighs, trimmed
- 1 lemon, cut into wedges
- $\frac{1}{4}$ cup crumbled feta cheese

1. Preheat oven to 450°F.
2. **KIDS DO** Combine oil, oregano, thyme, garlic, pepper and salt in a small bowl. Transfer 1 tablespoon of the herb mixture to a medium bowl. Add potatoes and olives and stir to coat.
3. Pat chicken dry with paper towels. Rub with the remaining herb mixture.
4. **KIDS DO** Scatter the potatoes and olives in a 9-by-13-inch baking pan.
5. Place the chicken on top of the potatoes and olives and tuck in lemon wedges.
6. Bake until the potatoes are browned and an instant-read thermometer inserted in the thickest part of a thigh without touching bone registers at least 165°F, 40 to 45 minutes. Carefully squeeze the lemon wedges over the chicken.
7. **KIDS DO** Serve the chicken and vegetables topped with feta and more oregano and thyme, if desired.

SERVES 4: 3 oz. chicken & 1 cup vegetables each
Cal 480 **Fat** 25g (sat 5g) **Chol** 132mg **Carbs** 33g
Total sugars 1g (added 0g) **Protein** 29g **Fiber** 2g
Sodium 542mg **Potassium** 296mg.

**Makes
broccoli less
broccoli-ey.**



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**WOK TALK**

Woks need to be seasoned, a process that makes them naturally nonstick.

To learn how—and see the Test Kitchen's favorite wok—hover your phone's camera over this smart code.



Sesame Stir-Fry Shrimp & Spinach

ACTIVE: 20 min TOTAL: 20 min

This recipe calls for buying shrimp that's already peeled and deveined, which saves you about 10 minutes of prep time. Want this on the milder side? Swap ketchup for the chili-garlic sauce.

- 2 tablespoons toasted sesame oil
- 1 tablespoon chili-garlic sauce
- 1 tablespoon reduced-sodium tamari
- 1 tablespoon honey
- 2 teaspoons cornstarch

- 2 teaspoons grated peeled fresh ginger
- 1 tablespoon avocado or canola oil
- 1 pound peeled, deveined raw shrimp (21-25 count)
- 1 bunch scallions, cut into 2-inch pieces
- 1 5-ounce package baby spinach
- 2 cups cooked brown rice
- 1 tablespoon sesame seeds

1. Whisk sesame oil, chili-garlic sauce, tamari, honey, cornstarch and ginger in a small bowl. Set near the stove.
2. Heat avocado (or canola) oil in a large

flat-bottom wok or cast-iron skillet over high heat. Add shrimp and scallions; cook, stirring, until the shrimp are no longer pink, about 2 minutes. Add spinach and cook until wilted, about 30 seconds. Whisk the sauce and add it to the pan. Cook, stirring constantly, until the sauce thickens, about 1 minute.

3. Serve the shrimp and vegetables over rice and sprinkled with sesame seeds.

SERVES 4: $\frac{3}{4}$ cup stir-fry & $\frac{1}{2}$ cup rice each

Cal 339 **Fat** 13g (sat 2g) **Chol** 143mg **Carbs** 34g
Total sugars 6g (added 4g) **Protein** 20g **Fiber** 3g
Sodium 920mg **Potassium** 285mg

Chicken Cutlets with Rhubarb Sauce

ACTIVE: 20 min TOTAL: 20 min

Sweet white balsamic vinegar balances tart rhubarb in this quick pan sauce for chicken cutlets.

- 1 pound chicken cutlets
- ½ teaspoon salt, divided
- ¼ teaspoon ground pepper
- 1 tablespoon grapeseed oil
- ½ cup low-sodium chicken broth
- ⅓ cup finely chopped shallot
- ¼ cup white balsamic vinegar
- 1 cup sliced fresh or frozen rhubarb
- 1 tablespoon honey
- 1 tablespoon chopped fresh tarragon

1. Sprinkle chicken with ¼ teaspoon salt and pepper. Heat oil in a large skillet over medium-high heat until shimmering. Reduce heat to

medium and add the chicken. Cook, turning once, until an instant-read thermometer inserted in the thickest part registers 165°F, 6 to 8 minutes. Transfer to a plate.

2. Add broth, shallot and vinegar to the pan and increase heat to high. Cook, scraping up any browned bits, until the liquid is reduced by half, 2 to 3 minutes. Add rhubarb and honey; cook until the rhubarb is tender-crisp, about 1 minute. Stir in tarragon, the remaining ¼ teaspoon salt and any accumulated juices from the chicken. Serve the chicken with the sauce.

SERVES 4: 3 oz. chicken & 3 Tbsp. sauce each

Cal 218 Fat 6g (sat 1g) Chol 83mg Carbs 11g

Total sugars 8g (added 4g) Protein 27g Fiber 1g

Sodium 360mg Potassium 545mg.



UNMUDDY WATERS

The main difference between white balsamic vinegar and the darker version is simply that, color—the former is made with white-wine vinegar and the latter with red. We use white here to get the sweet-tart complexity of balsamic without affecting the color of the dish.



Crispy Cod with Charred Snow Peas & Creamy Herb Sauce

ACTIVE: 20 min TOTAL: 20 min

The key to golden fish that's not deep-fried? Pat it dry and dredge it with a bit of flour before sautéing in a hot pan.

- 3 tablespoons minced fresh herbs, such as chives, mint, basil and/or dill
- 2 tablespoons buttermilk
- 2 tablespoons mayonnaise
- Pinch of salt plus ½ teaspoon, divided
- ½ teaspoon ground pepper, divided
- 1¼ pounds cod, cut into 4 pieces
- 2 tablespoons white whole-wheat flour
- 2 tablespoons grapeseed oil, divided
- 1 pound snow peas, trimmed

1. Whisk herbs, buttermilk, mayonnaise, pinch of salt and ¼ teaspoon pepper in a small bowl. Set aside.

2. Pat fish dry with paper towels and sprinkle with the remaining ½ teaspoon salt and ¼ teaspoon pepper. Toss with flour in a medium bowl.

3. Heat 1 tablespoon oil in a large nonstick skillet over medium-high heat. Add the fish and cook, turning occasionally, until lightly browned on all sides and cooked through, about 4 minutes. Transfer to a plate.

4. Add the remaining 1 tablespoon oil and snow peas to the pan. Cook until lightly charred on one side, about 1 minute. Stir and continue cooking until bright green and tender, about 1 minute more.

5. Serve the fish and snow peas with the reserved sauce.

SERVES 4: 4 oz. cod, ½ cup snow peas & 1 Tbsp. sauce each

Cal 270 **Fat** 13g (sat 2g) **Chol** 57mg **Carbs** 11g
Total sugars 4g (added 0g) **Protein** 26g **Fiber** 3g
Sodium 462mg **Potassium** 264mg.

Honey-Chile Glazed Brussels Sprouts

ACTIVE: 10 min TOTAL: 30 min

We jump-start these Brussels on a preheated baking sheet to get them roasted quickly.

PICKY
EATERS
EDITION

- 2 pounds Brussels sprouts, trimmed and halved (about 6 cups)
- 2 tablespoons peanut oil
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup honey
- $1\frac{1}{2}$ tablespoons Sriracha
- 2 teaspoons lime juice
- 1 tablespoon toasted sesame seeds

1. Place a rimmed baking sheet in the oven, preheat to 450°F.
2. Toss Brussels sprouts, oil and salt in a medium bowl. Spread on the hot baking sheet. Roast until browned and tender, 10 to 15 minutes.
3. Meanwhile, whisk honey, Sriracha and lime juice in the bowl.
4. Drizzle the Brussels sprouts with the honey mixture and stir to coat; continue roasting for 5 minutes more. Sprinkle with sesame seeds.

SERVES 4: 1 cup each

Cal 232 Fat 9g (sat 1g) Chol 0mg Carbs 38g

Total sugars 23g (added 17g) Protein 8g

Fiber 8g Sodium 353mg Potassium 842mg.



Kohlrabi & Carrot Salad with Cheddar

ACTIVE: 15 min TOTAL: 15 min

Kohlrabi's slightly sweet, broccoli-stem-like flavor adds excellent crunch to this salad. Either the green- or purple-skinned variety will work.

- 3 tablespoons grapeseed oil
- 2 tablespoons rice vinegar
- $\frac{1}{4}$ teaspoon salt
- Pinch of ground pepper
- 1 cup chopped carrots
- 1 cup sliced peeled kohlrabi
- $\frac{1}{2}$ cup diced sharp Cheddar cheese
- $\frac{1}{4}$ cup chopped macadamia nuts
- $\frac{1}{4}$ cup chopped flat-leaf parsley

Whisk oil, vinegar, salt and pepper in a large bowl. Add carrots, kohlrabi, Cheddar, nuts and parsley; toss to coat.

SERVES 4: $\frac{3}{4}$ cup each

Cal 219 Fat 20g (sat 4g) Chol 11mg Carbs 7g

Total sugars 3g (added 0g) Protein 4g

Fiber 3g Sodium 246mg Potassium 299mg.





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GOOD LIFE



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Buzzworthy

Outside the Flower Child restaurant in Charlotte, North Carolina, 3-foot-tall honeybees swarm over a dripping honeycomb. They aren't a science experiment gone awry—they're part of Matthew Willey's mural for his project The Good of the Hive (thegoodofthehive.com). Since 2015, he's painted 5,200-plus bees on 25 art installations in nine states, with the goal of painting 50,000 bees (the estimated number required for a thriving hive). Through his work, Willey draws attention to the

role the insect plays: more than one-third of the world's food supply depends on pollinators like bees, but at least 70 pollinator species are endangered or threatened in the U.S. "Bees are an indicator of how the rest of the environment is doing," he says—if the bees are struggling, the planet is too. To support pollinators, check out organizations like Pollinator Partnerships (pollinator.org), Bee City USA (beecityusa.org) and the Endangered Species Coalition (endangered.org). —Debbie Koenig



I'll Have the Sea Kelp

The new wave of "it" ingredients are obviously tasty, but the real reason many chefs are shaking up their menus: a more secure food system. **By Cari Shane**

WHAT IS MORINGA?

Learn more about this tropical leaf at eatingwell.com/moringa

Irish Potato Famine: people relied on potatoes, so when a fungus wiped out these crops in successive years, an estimated 3 million people died or fled. This sort of crisis still happens, like in Kenya, Ethiopia and Somalia, where millions of acres of grains are currently threatened by the worst locust infestation in decades. The Food Forever Initiative is trying to combat problems like these. They launched 2020 for 2020, a campaign to get at least 2,020 chefs to commit to broadening the diversity on their menus this year. When culinary trendsetters champion biodiversity, diners get excited about unfamiliar foods. That drums up demand for these ingredients and influences what farmers grow. Here are a few of the foods that chefs are jazzed about.

Moringa & Kelp

Charlie was a sinner.

Philadelphia

Nicole Marquis' cocktail lounge is a showcase for creative drinks and small plates. Take the High Tides cocktail. Aged white rum is infused with powdered moringa (an antioxidant-rich tropical plant), giving the liquor an earthy, vegetal note and a green hue. Another ingredient the menu plays with is kelp, lending a subtle briny flavor to a red coconut curry, made with celery root and rutabaga. "We love the pleasantly chewy texture of the sea kelp noodles," says Marquis.

Wheat, rice, corn and soy make up around 60% of our diets. And the issue is bigger than mealtime monotony. It puts food security at risk. Think of the 1840s

Fonio

Teranga, NYC

Chef Pierre Thiam grew up in Senegal eating fonio, a grain he describes as a cross between couscous and quinoa. He couldn't find it anywhere in the U.S.—he had to smuggle it into the country in his suitcase to cook with it at his restaurants. So he worked with an organization to create his own fonio brand, Yolélé (available at yolelefoods.com and Whole Foods). At his restaurant, you'll find it in a beet salad with spiced pickled carrots and dill, as well as in his take on the West African rice dish *jollof*, which features fonio prepared in an umami-rich broth topped with tangy tomato puree.

Arrowroot

Lou, Nashville

At this new restaurant and wine bar, Lou, pastry chef Sasha Piliagian loves arrowroot, a type of tuber native to South America. Sold as a powder, it's perfect for thickening puddings—like her vanilla pudding served with granita—and helps lighten cakes that can become dense when baked with other alternative flours. She especially likes it for baking with fruit. "Arrowroot doesn't leave a starchy aftertaste or compromise the flavor of the fruit at all, the way cornstarch can."

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NOT A LITTLE BIT FANCY

Jennifer Garner's Hot New Role

The actor is a part-time farmer (it's in her blood) and co-founder of an organic food line for kids.

By Lucy M. Clark



What food says "home" to you?

Roast chicken, fresh bread, salad and roasted broccoli from the garden, because that's what my mom made when she was being her most mommy-mom and that is what I make when I am home and I'm momming it up.

Is there a kitchen tool or gadget you can't live without and why?

For sure! Growing up, a friend of mine, her mom had a KitchenAid mixer and I just thought it was the most exotic thing you could own. Today, mine is in use almost every day.

What is always in your fridge?

Let's see: milk and almond milk. Different cheeses. Yogurt. A ton of salad greens. And then whatever veggies are happening, like right now our garden is bursting with broccoli. You would think I was running a broccoli store. And always tortillas. (There was some poor old cauliflower pizza crust lying around that I kept swearing I was going to try and kept not trying.)

We're all about balancing eating deliciously with being healthy.

How do you walk that line, especially given how much you like to bake? (Love those Insta videos!)

I have developed this crazy ability—and I don't want to talk about it because I don't want to scare it away—where I can bake something and not have to eat it. The joy is in the baking. If I make homemade pizza I will eat it for sure, 100%. And if I make homemade bagels, that's happening. But otherwise, I can just have a taste to see how it turned out, but I don't need it. I'm really, truly thrilled with an enormous salad.

OK, so what's that salad look like?

I'll have a *huge* salad that has arugula and sweet greens, or mixed greens, whatever, from my local farmers' market, Scarborough Farms—I love them. And it will have lots of fats, like nuts, cheese, avocado, olive oil. And then tons of veggies. I chop up broccoli and put it in there, or roasted



“

We are trying to take nutrition to the next level and push other businesses to do the same. We should all be pushing to make organic, fresh-as-if-you-made-it-yourself food available for *all* kids.”

butternut squash. Sometimes I add a protein, sometimes I don't.

Beer, wine or a cocktail?

My answer is yes! [Laughs.] To all three! I am not a big drinker, I don't *at all* even like to be tipsy, but I love-love-love all of those things. I love beer with my whole heart, I love wine even more. I'm less likely to have a cocktail but I will if that is what the occasion calls for. The problem with me is it just goes right down and then I'm like, "Whoops! Hang on! Now I have to drink water for two hours."

Which environmental issue speaks to you the most?

I just freak out over single-use plastics. That is just something that is attainable—we can do something about it. If I forget my cloth bags when I go to the store, I can't even contain my disappointment in myself. I make myself use those [plastic] bags, like, 20 more times.

Was that the thinking behind your new Once Upon a Farm smoothie bottles?

Yes. We're thrilled to have our smoothies in bottles that you can recycle curbside. And we're just going to keep working toward trying to push innovation with our pouch products. It's not like we're casual about the fact that our pouches are single-use. We do work with TerraCycle and are looking forward to being curbside recyclable, as well. We'll be the first to do it, I guarantee, in the pouch world.

Tell us more about the smoothies.

They contain probiotics, are plant-based and have pumpkin-seed protein in them because it's pretty much a nonallergen. We really are trying to take nutrition to the next level for kids and push other businesses to do the same. We should all be pushing each other to make organic, fresh-as-if-you-made-it-yourself food available for *all* kids.

You own a working farm—what's that like?

The farm that my mom grew up on in Oklahoma is now in my name and my Uncle Robert, he and his wife, Janet, live on that farm. We asked Farmer Jim, a biodynamic farmer from Oregon, who I know really well, to come to get us on the right path. It's just a blast to go and plant produce. I got to go and plant it and to tend to it and to harvest it, and to see it in pouches in my local grocery store makes me just cry. I'm so proud of it.

What do the words "eating well" mean to you?

"Eating well" to me means balance. And "eating well" means plants. And it means listening to your body.



Learn more about Jennifer's family farm by hovering your phone's camera over the code.



Home-Run Eats

Soggy nachos take a back seat to fare that brings the local flavor. If you're in town catching a game, get a taste of what these stadiums are serving. **By Lambeth Hochwald**

GIANTS

THE GARDEN

**Oracle Park,
San Francisco, CA**

Right under the center field scoreboard, is a 4,320-square-foot garden of raised beds and aeroponic towers, overflowing with 100-plus varieties of fruits, veggies and herbs (above). Here, the menus rotate to take advantage of what's being harvested seasonally. Past dishes have included a mustard greens salad served with asparagus, eggs and garlic dressing. Another favorite has been the summer vegetable sandwich, which piles roasted eggplant, yellow squash, zucchini and bell pepper on a salsa verde-slathered hoagie.

bamco.com/giants-garden



BUONA FORCHETTA

**Petco Park,
San Diego, CA**

Any pizza cart can serve basic slices, but head *pizzaiolo* Luca Zamboni has upped the ante with his Roman-style *pizza al taglio*—baked on a sheet pan in an Italian pizza oven. “Padres fans love that the crust is so crisp, crunchy and airy with a lot of bubbles inside,” he says. He credits that with the fact that his dough rises and ferments for 72 hours. Try the “Diavola,” a slice that comes topped with spicy sausage from Calabria, *mozzarella di bufala* made in Los Angeles using buffalo milk imported from Italy and tomato sauce from San Marzano tomatoes.

buonaforchettasd.com



BEN'S CHILI BOWL

**Nationals Park,
Washington, DC**

When is a hot dog more than just a hot dog? When it's the Original Chili Half-Smoke. Unlike a regular dog, this D.C. specialty is more sausage-esque. It's made of a 50-50 blend of ground pork and beef and brings a smoky, spicy flavor to the table. The dog is smothered with Ben's spicy secret-recipe homemade chili and finished with mustard and onions. Dig in with the other fans of last year's World Series-winning team. benschilibowl.com

HOT DOG!

Find out how to buy the best hot dogs & our picks at eatingwell.com/hotdogs



HOT INDIAN FOODS

**Target Field,
Minneapolis, MN**

When Amol Dixit opened this stand in 2015, Twins fans were surprised and overjoyed. “The initial reaction was, ‘This isn’t the kind of food I expect to find at a baseball game’—in a good way,” he says. Enjoy his signature Chicken Tikka Masala or the Vegan Channa Rice Bowl, made with chickpeas simmered in an aromatic garam masala tomato sauce. Don't discount the sides: the brown basmati rice is flavored with coconut milk and garlic. And the bowls come with mango-apple slaw, cilantro and crisp papadum flatbread. hotindianfoods.com



MELT BAR & GRILLED

**Progressive Field,
Cleveland, OH**

Last season, this grilled cheese stand in the right field concourse served up more than 7,000 Cheesy Bacon Mac Melts—a glorious mashup of a grilled cheese and mac 'n' cheese. It starts with the artisan loaf: “It has the crusty, chewy exterior of a French baguette and the flavorful yeasty soft interior of Italian bread,” says chef and owner Matt Fish. Next, come two slices of American cheese, a scoop of mac and two slices of bacon, then the whole thing goes through a conveyor oven to get it nice and gooey-toasty. meltbarandgrilled.com

IMVEXXY is for menopausal women who experience moderate to severe vaginal pain during intercourse.

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IMPORTANT FACTS ABOUT IMVEXXY (estradiol vaginal inserts)

WHAT IS THE MOST IMPORTANT INFORMATION I SHOULD KNOW ABOUT IMVEXXY (AN ESTROGEN HORMONE)?

- Using estrogen-alone may increase your chance of getting cancer of the uterus (womb).
- Report any unusual vaginal bleeding right away while you are using IMVEXXY. Vaginal bleeding after menopause may be a warning sign of cancer of the uterus (womb). Your healthcare provider should check any unusual vaginal bleeding to find out the cause.
- Do not use estrogen-alone to prevent heart disease, heart attacks, strokes, or dementia (decline of brain function).
- Using estrogen-alone may increase your chances of getting strokes or blood clots.
- Using estrogen-alone may increase your chance of getting dementia, based on a study of women 65 years of age or older.
- Do not use estrogens with progestins to prevent heart disease, heart attacks, strokes or dementia.
- Using estrogens with progestins may increase your chances of getting heart attacks, strokes, breast cancer, or blood clots.
- Using estrogens with progestins may increase your chance of getting dementia, based on a study of women 65 years of age or older.
- You and your healthcare provider should talk regularly about whether you still need treatment with IMVEXXY.

WHAT IS IMVEXXY USED FOR?

IMVEXXY is a prescription medicine that contains an estrogen hormone in a vaginal insert that is used after menopause to treat moderate to severe painful intercourse, a symptom of changes in and around your vagina, due to menopause.

WHO SHOULD NOT USE IMVEXXY?

Do not start using IMVEXXY if you:

- **have unusual vaginal bleeding.**
- **currently have or have had certain cancers.** Estrogens may increase the chances of getting certain types of cancers, including cancer of the breast or uterus (womb). If you have or have had cancer, talk with your healthcare provider about whether you should use IMVEXXY.
- **currently have or have had blood clots, stroke, heart attack, liver problems, or a bleeding disorder.**
- **are allergic to IMVEXXY or any of its ingredients.** See the list of ingredients at the end of the full patient information.
- **think you may be pregnant.** IMVEXXY is not for pregnant women.

WHAT SHOULD I TELL MY HEALTHCARE PROVIDER BEFORE USING IMVEXXY?

- **have any unusual vaginal bleeding.**
- **have certain medical conditions.** Your healthcare provider may need to check you more carefully if you have certain medical conditions, such as asthma (wheezing), epilepsy (seizures), diabetes, migraine, endometriosis, lupus, angioedema (swelling of face and tongue), problems with your heart, liver, thyroid, kidneys, or have high calcium levels in your blood.
- **are going to have surgery or will be on bed rest.** You may need to stop using IMVEXXY.
- **are breast feeding.** The hormone in IMVEXXY can pass into your breast milk.

Tell your healthcare provider about all the medicines you take, including prescription and over-the-counter medicines, vitamins, and herbal supplements. IMVEXXY may affect the way other medicines work, and other medicines may affect how IMVEXXY works.

WHAT ARE THE POSSIBLE SIDE EFFECTS OF IMVEXXY?

Serious, but less common side effects could include: heart attack, stroke, blood clots, cancer of the ovary, breast cancer, cancer of the lining of the uterus (womb), dementia, gallbladder disease, high blood calcium (hypercalcemia), changes in vision, high blood pressure, high triglyceride (fat) levels in your blood, liver problems, low thyroid levels in your blood, fluid retention, low blood calcium (hypocalcemia), enlargement of benign tumors of the uterus ("fibroids"), worsening of angioedema (swelling of face and tongue), changes in certain laboratory test results.

Call your healthcare provider right away if you get any of the following warning signs or any other unusual symptoms that concern you: new breast lumps, unusual vaginal bleeding, changes in vision or speech, sudden, new, severe headaches, severe pains in your chest or legs with or without shortness of breath, weakness, and fatigue.

The most common side effects of IMVEXXY include: headache, breast tenderness or pain, nausea and vomiting.

Tell your healthcare provider if you have any side effect that bothers you or that does not go away. You may report side effects to FDA at 1-800-FDA-1088 and/or TherapeuticsMD at 1-888-228-0150.

The risk information provided here is not comprehensive. To learn more, talk about IMVEXXY with your healthcare provider or pharmacist. The FDA-approved labeling can be found at www.IMVEXXY.com.

Sore Winners

Try recovery sessions between workouts to feel better and fast-track your fitness goals.

By Danielle Kosecki

High-intensity interval training still ranks as the *it* workout, according to the American College of Sports Medicine. If reading this makes your quads quake, take heart. Recovery studios are catching on, with Cross-Fitters and Spinners as well as elliptical lovers and barre enthusiasts getting on board. “People assumed that it was the workout that yielded the benefit, but it’s really how well you recuperate between sessions that gets results,” says Aaron Drogoszewski, CPT, co-founder of Recover, a NYC-based recovery studio. Any exercise that challenges you generates microtears in your muscle fibers—and when they repair themselves, you get stronger. Recovery techniques are intended to help speed you through this process. Check out these four to try and one to skip.



Sauna Traditional saunas use high heat (around 185°F) to help increase circulation in your body, expediting the delivery of oxygen- and nutrient-rich blood to muscles. Infrared saunas emit light that can get deeper into your body than warmed air can, producing the same effects at a slightly more comfortable 140°. And some promising—though preliminary—research suggests that either may have benefits for decreasing post-workout pain or boosting performance at your next workout. Just remember your water bottle; dehydration can make soreness worse.



Ice Bath

Athletes have long been plunging their legs into ice water as a way to slow down the immune system’s inflammatory response to exercise. Research does support that it can reduce how sore and tired your muscles feel, but it’s possible the tried-and-true technique works too well. Studies show that muscles can’t repair without some inflammation (it kick-starts the healing process). So when you cut it short, you may be delaying the recovery process and stunting strength gains.



Massage

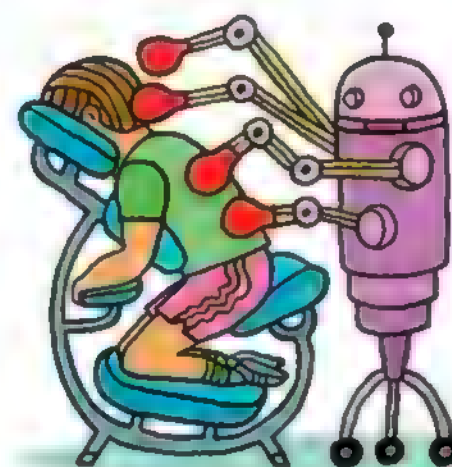
French researchers analyzed 99 studies comparing recovery strategies and found that massage reduced muscle soreness and fatigue better than other techniques. How’s it work? One possibility: “Direct pressure activates pain receptors in muscles that send pain signals to the brain—which then sends down morphine-like compounds that decrease that pain,” says exercise physiologist David Behm, Ph.D. Massage may also improve range of motion, reduce tightness and promote blood flow to muscles to speed recovery. Or, DIY with a foam roller or percussive massager, like the Theragun.



Stretching Important for fitness? Yes. For recovery? Less so. In a Cochrane review, post-exercise stretching only alleviated soreness by 1 to 4%. (And a pre-workout stretch impacts how you’ll feel during your workout, not after.) But don’t scrap the practice. It may help you feel less tight. “Stretching is important for your functional range of motion,” says Malachy McHugh, Ph.D., director of research at the Nicholas Institute of Sports Medicine and Athletic Trauma in New York City. “It makes the muscle more compliant and stronger in a stretched position”—all important factors for your workout.

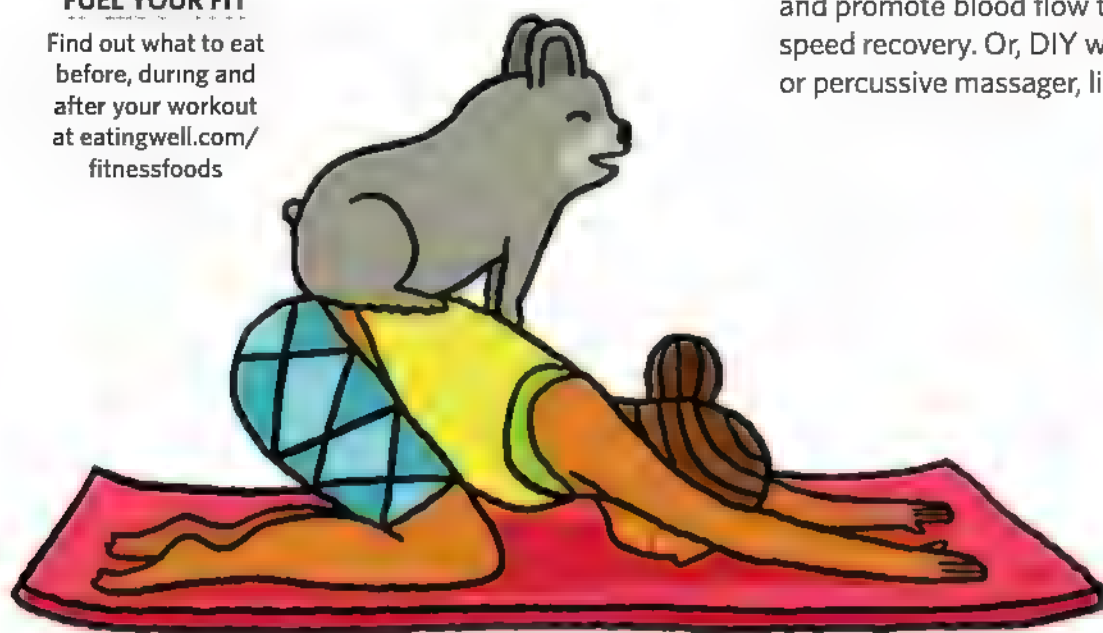


Active Recovery Watch the Tour de France and you’ll notice that riders will finish a leg of the race and immediately get on a stationary bike for a light spin. That’s active recovery. Cooling down with light exercise can help you feel more rested and less sore for your next sweat session, according to a study in the *Journal of Strength and Conditioning Research*. Active recovery keeps circulation elevated, which speeds up the removal of lactate, a byproduct of exercise that can interfere with muscle repair processes, says Behm. Doing 6 to 10 minutes of low-intensity cycling, rowing or jogging at the tail end of your workout is ideal.



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Planet-Loving Pretty

It's no secret that the beauty industry hasn't been as quick to join the sustainability party as some other business sectors. Think: superfluous packaging and containers that are eye-catching, but not recyclable. But some companies are now making a real effort to stem that waste and reduce their carbon footprint. By Christina Vercelletto

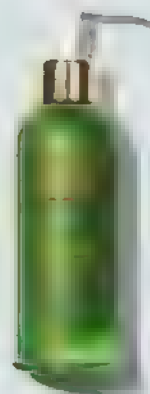


Aether Beauty Crystal Gemstone Palette

These 12 universally flattering eyeshadows, in various nudes and browns, are made with organic coconut oil and shea butter that give them a lush consistency. And the whole thing is zero-waste—meaning the packaging, palette and shadow pans are not only made from recycled materials, but can also go back into the recycling can. (\$58; AetherBeautyCo.com)

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Tata Harper Clarifying Cleanser

Prickly pear extract and other botanical ingredients gently exfoliate oil-prone skin, leaving it soft and blemish-free. Like many Tata Harper products, it comes in a recyclable glass bottle. And other components that would usually be made of plastic—like the pump dispenser—are made from sugarcane, a renewable resource. (\$72; TataHarperSkincare.com)



Kevin Murphy Angel Wash Shampoo

Extracts of green tea, tangerine and lavender make for delicate suds that pamper and preserve color-treated or dry and damaged hair, even when used daily. Better still: The bottles are made from reclaimed ocean plastic, can be recycled, and the square shape allows more to be packed in a box, so less fuel is used in shipping. Clever! (\$31; KevinMurphy.au)



One Ocean Beauty Eye Revival Marine Cream

This eye cream gets raves for its ability to reduce undereye puffiness, hydrate and minimize fine lines. The potent formula contains extracts from algae produced through a sustainable biotech process—rather than being ocean harvested, which can harm marine life. Bonus: All the packaging is 100% recyclable. (\$74; OneOceanBeauty.com)



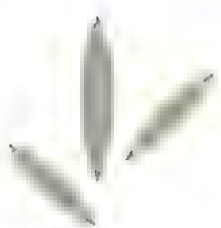
Kahina Argan Oil

There's a reason argan oil has a cult following: it's not too heavy or too light and is packed with vitamin E, polyphenols and essential fatty acids that soften dry skin. This one is certified organic and fair-trade, harvested by villagers in rural Morocco. The outer packaging is made with recyclable paper; the bottle can go in your blue bin too. (\$15 & up; Kahina-GivingBeauty.com)

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Is This Bud for You?

It's in gummies, tinctures, lotions, seltzers, and more. CBD, a compound derived from the cannabis plant, is pretty much everywhere you turn these days. And about 62% of people taking CBD are using it to treat a medical condition, such as pain, anxiety and depression, according to a report in *Cannabis and Cannabinoid Research*. But what does the science say? We've got the answers to your questions.

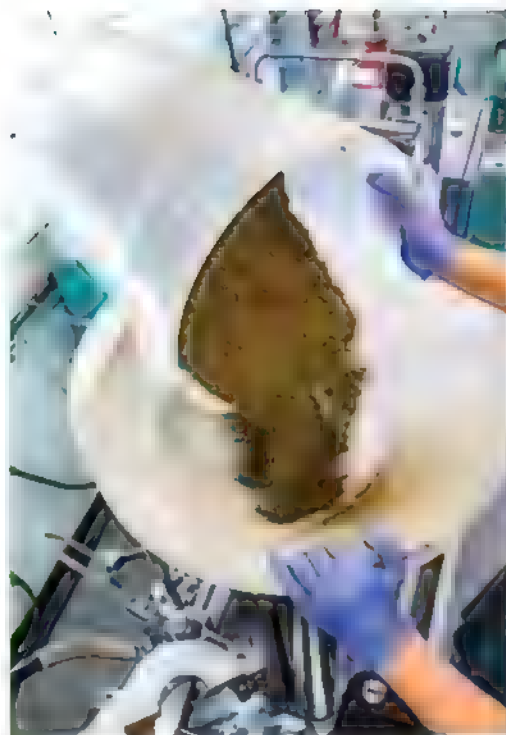
By Holly Pevzner

First things first: What exactly is it?

CBD is a natural compound called a cannabinoid found in hemp and marijuana, two varieties of the *Cannabis sativa* plant. Cannabinoids influence signaling pathways between cells (basically how cells talk to each other), potentially impacting multiple systems in your body. However, unlike its chemical cousin THC (which is only in marijuana), CBD does not have psychoactive effects, meaning it won't get you stoned. "In fact, our bodies naturally churn out chemicals that are very similar to CBD," says Debbie Petitpain, M.S., R.D.N., spokesperson for the Academy of Nutrition and Dietetics.

What do all those over-the-counter CBD products do?

"There may be some benefit for those with sleep problems, anxiety or pain, but the evidence to support this is largely anecdotal," says Brent A. Bauer, M.D., director of research for the Integrative Medicine and Health Program at the



The chemical compounds in hemp are most highly concentrated in the flower of the plant (opposite). Harvested hemp is loaded into an extraction machine (above, left). The extraction process uses high pressure and high temperatures to pull out the cannabinoids, resulting in a gold-colored extract (right).

evidence" (preclinical meaning not tested in humans) that indicates cannabinoids can block inflammatory and nerve-based pain. But according to Petitpain, "We need more clinical research to really show who benefits, and at what dose."

The exception to this: "There is one prescription product that's achieved FDA approval for treating seizures in children with a rare form of epilepsy," says Edward Mariano, M.D., M.A.S., a professor of anesthesiology, perioperative and pain medicine at Stanford University School of Medicine. There's also a CBD/THC combo drug called Sativex that shows promise at alleviating cancer pain that is chugging along through phase 3 clinical trials, on track to be approved by the FDA. (Sativex is already available in 29 countries.)

Is it safe? The World Health Organization notes that CBD is generally well tolerated and has a good safety profile. Much like vitamins and supplements, though, CBD isn't subject to government oversight for safety or efficacy in the U.S., but the FDA notes that it could have side effects (namely diarrhea, drowsiness and irritability), may interact with other medicines you're taking and shouldn't be used by pregnant or nursing women.

What's next for CBD? Mariano, for one, is working hard to make sure that more research is in our future. He and fellow members of the American Society of Anesthesiologists recently endorsed bills in the House and the Senate that seek to increase the number of high-quality, registered manufacturers that produce cannabinoids for research purposes. "Once we do that, researchers can actually get what they need to do studies on CBD," says Mariano. "We know that there are many different types of cannabinoids that potentially have medical use, which is exciting. And clearly a lot of people, physicians included, are trying to find new ways to manage health issues. Until then, we are still very much in pioneer territory."

Mayo Clinic in Rochester, Minnesota. Currently, there's a lack of high-quality studies in humans about CBD's efficacy. That's because prior to the 2018 Farm Bill, which made CBD derived from hemp federally legal, hemp was highly restricted. "This made it very difficult for medical centers to obtain products to test in clinical trials," says Bauer. "Basically, obtaining CBD required a lot of red tape, which discouraged research."

Most of the studies showing promise have been conducted with mice. A report in the *European Journal of Pain* showed that topical CBD diminished pain and inflammation associated with arthritis in rodents. And rats that were given CBD for seven days displayed fewer signs of pain and anxiety, according to a 2010 study in the journal *Pain*. Another report—this one a review of research in the journal *Neuropsychopharmacology Reviews*—boldly stated that there's "an overwhelming body of convincing preclinical



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So. Much. Fur.

Are fluffy tumbleweeds taking over your house? The lowdown on how to minimize shedding.

By **Caillin Heinze, DVM, M.S., D.A.C.V.N.**, petfoodology.org

How much fur your dog sheds depends on several things: breed, season and grooming. Dogs with fur, like Labradors, German shepherds and goldens, shed basically year-round, but it can be especially heavy in the spring and fall, when temperatures noticeably shift. Many of these breeds have what is called a “double coat” made of a downy undercoat and longer guard hairs. If your dog has this kind of fluff, don’t be tempted to shave him as temperatures rise—air trapped between these layers serves as insulation to keep dogs warm or cool depending on the weather. And only the undercoat is designed to shed and regrow quickly. The guard hairs grow slower and may not come back in properly.

Schnauzers, Maltese, poodles and other breeds with continually growing hair tend to shed far less (much in the same way we humans “shed” our hair). The trade-off: they need to be groomed frequently if you want to keep their coat free of tangles and debris.

Regardless of breed, the best

solution to shedding is regular brushing. Getting loose hair out and tossing it will save you from sweeping or lint-rolling it off of everything—including you. Pet supply stores sell special combs for medium- to long-haired dogs that are designed to quickly and gently remove all of the dead hair, especially the undercoat. For very short-haired dogs, such as boxers or greyhounds, use a rubber-nubbed grooming mitt to prevent skin irritation.

If you’ve ever felt surrounded by enough fur to make a second pet, you may wonder: is this normal? Your pet can lose a lot of fur before it’s considered excessive. But bald patches could suggest a health problem such as thyroid or adrenal disease or a skin infection. Nutritional deficiencies can also cause decreased skin and coat health. (There’s no evidence to suggest that changing your dog’s food or following a special diet can reduce normal shedding in a healthy animal.) If you see noticeable thinning or bare spots, especially along with other issues, like rashes, redness or pimples, see your veterinarian.

MARTIN HARVEY/GETTY IMAGES





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What the *Fromage*!

Cheese isn't exactly competing with broccoli and blueberries for superfood status, but is it really the health hazard it's been painted to be? **By Holly Pevzner**

Everyone's favorite cocktail party staple and comfort food has gotten some heat lately (and not of the gooey, grilled variety). The Physicians Committee for Responsible Medicine, a nonprofit that counts 12,000 doctors as members, recently petitioned the FDA to require a breast cancer warning label on cheese. The group, which advocates following a plant-based diet, cited two studies. First, 2017 research published in the journal *Current Developments in Nutrition* that looked at 10 types of dairy and found that women who ate 14 or more servings of cheese (specifically American, Cheddar and cream cheese) a month had a 53% increased breast cancer risk compared to those who consumed none.

Also noted in the petition: A study from the National Cancer Institute that showed women *with* the disease who had one or more daily servings of high-fat dairy (cheese included) had a 49% greater chance of dying from breast cancer than those who ate less than 1/2 serving. Both studies gave the possible explanation that there may be hormones present in dairy that adversely influence breast cancer, and that these compounds tend to be in higher concentrations in cheese (versus, say, yogurt) because of how it's made.

Scary—but also far from proven. And there's a different explanation that's far less damning. Susan McCann, Ph.D., R.D.,

who was the lead author of the *Current Developments in Nutrition* study, offers that the cheese itself may not be to blame, but may signify a bigger issue: People who eat a lot of this high-calorie-and-high-saturated-fat food could also have not-so-healthy diets overall—along with other habits, like smoking, that up their risk for cancer. “Because cheese consumption may be associated with many other health behaviors, a focus on cheese alone is unlikely to show much actual impact on overall breast cancer risk,” says

McCann, who is a professor of oncology at Roswell Park Comprehensive Cancer Center in Buffalo, New York. She herself does *not* support the cancer warning.

And the cheese-cancer association is far from a consensus in the medical community. “None of these studies prove causation,” says Neil M. Iyengar, M.D., an oncologist at Memorial Sloan Kettering Cancer Center in New York City. “While the petition is generally well-intentioned, the truth is, studies are conflicting.” To his point, the petition focused on just one stat, but McCann's study also found that total dairy intake was not associated with breast cancer risk and that low-fat cheese (like ricotta and cottage cheese) was linked to a decreased risk of the disease (specifically, the estrogen receptor negative kind of breast cancer). And that National Cancer Institute report? It concluded that low-fat dairy was unrelated to breast cancer recurrence or survival.

The most potent way to lower your cancer risk, experts say, is to focus on the factors that have the most scientific backing: maintaining a healthy weight; eating lots of fruits and veggies; sticking to minimally processed whole grains; exercising regularly; limiting alcohol intake and not smoking. If you do all of that, a grilled cheese here and there is unlikely to be the thing that takes you down.



Hover your phone's camera over this smart code to read all about the health benefits of cheese.



“When
my mom
was diagnosed with cancer,
I wanted her
to have access to
the best
treatments
available.”

SONEQUA MARTIN-GREEN
Stand Up To Cancer Ambassador

Photo By
MATT SAYLES

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Not every Black woman has the same access to the best cancer treatments. I've seen firsthand how many Black women are not aware of the clinical trials that could help them. That's why I'm so passionate about expanding awareness of clinical trials and making sure every Black woman has the same access to the best cancer treatments.

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Learn more at StandUpToCancer.org/ClinicalTrials



Counter Culture

Sustainable prep spaces like this one are a growing trend. Learn about the new materials (paper?!) you can now incorporate into your kitchen design.

By Susan Fitzgerald Burridge

Eco-friendly products are moving to the top of many homeowners' wish lists as they build or renovate. "Over the last five years, demand for sustainable and responsibly sourced countertops has increased significantly," says Erica Reiner, owner of Eco Method Interiors, a Los Angeles-based company that incorporates green living into their design work. "And across the board, these options are now comparable, pricewise, to traditional choices."

When updating their beach-front kitchen last year, one Isle of Palms, South Carolina, couple opted for this custom recycled-glass countertop—including a waterfall island. To create the piece, they worked with GlassEco Surfaces in Charleston, which uses up to 95% recycled materials for their countertops. The company sources most of its glass from local businesses, such as wine and beer bottles from restaurants, and mixes the shards with environmentally friendly resin or cement before polishing and sealing them into completion. The Isle of Palms homeowners were able to select glass in beachy hues and incorporate additional accents, like local oyster shells, stones and even their personal collection of sharks' teeth, for a countertop that's truly one-of-a-kind.

MORE WAYS TO GO GREEN

Paper Nonporous paper composite countertops are surprisingly durable and stain-resistant. They're made from layers of recycled paper soaked with a non-petroleum-based resin, pressed together and fused by heat. PaperStone and KlipTech are two brands to look for (paperstoneproducts.net; kliptech.com).

Reclaimed Wood Companies like Antique Woodworks specialize in repurposing wood

from old homes, warehouses and barns to create countertops with warmth and history (antiquewoodworks.com).

Landfill-Bound Plastic Durat (duratusa.com) makes countertops out of postindustrial plastic waste—leftover scrap manufacturing materials from the cellphone and medical industries that never reach the consumer. And it's 100% recyclable when you're ready for your next renovation. ♻️

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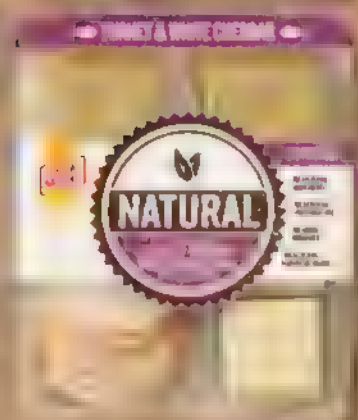
By Julia Westbrook

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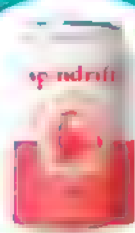


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SANZO SPARKLING WATER

0-20 calories

This real-fruit infused pick offers some of the most unique flavor options on the shelf—like Calamansi, a puckery South-east Asian cross between a kumquat and a mandarin orange.



MINNA LIGHTLY BREWED SPARKLING TEA

0 calories

These unsweetened sparkles combine refreshing iced tea with seltzer. The Citrus Black Tea offers subtle touches of orange peel and mango.



LAGUNITAS HOPPY REFRESHER

0 calories

This bright-grapefruit-esque sip isn't a beer—it's the brewery's nonalcoholic bubbly beverage made with Citra, Equinox and Centennial hops.



SOUND SPARKLING TEA

0 calories

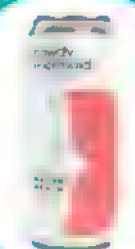
"OMG it tastes like cream soda," said one taster of the unsweetened Sparkling Chamomile pops of with vanilla and elderflower.



BITTER LOVE SPARKLING DRINKING BITTERS

40 calories

The Tart Cherry flavor stands out for its complex juiciness with a light accent of bitter botanicals including ashwagandha and artichoke—herbs with reputations for helping with digestion.



ROWDY MERMAID KOMBUCHA

45 calories

After the first powerful wave of peach comes a subtle undercurrent of thyme in the Savory Peach variety. Plus it gets its bubbles naturally from probiotics.



VITA COCO SPARKLING

25 calories

Refreshing coconut water gets an upgrade with a fine fizz like Italian mineral water and added flavors like bright Lemon Ginger.

TO THE GREAT
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Protein Up

Build on the 5 grams of protein you get in a bowl of whole-grain oatmeal with these delicious stir-ins. By Breana Killeen, M.P.H., R.D.

Here's how to do it: Bring 1 cup water (or milk, which on its own will add 8 g of protein) and a pinch of salt to a boil in a small saucepan. Stir in $\frac{1}{2}$ cup rolled oats and reduce the heat to medium; cook for 5 minutes. Stir in your protein boost of choice (*below*) and cook for 1 minute more. Then add your favorite toppings and seasonings—boom, you're full till lunch!



How much protein do you need?
Hover your phone's camera over this smart code to find out.

6G

Egg: Mixing in a beaten large egg or 3 Tbsp. of egg whites turns oats super silky. Plus, it's great with sweet or savory toppings.

7G

Nut butter: Add 2 Tbsp. of peanut, almond or sunflower seed butter and top with fruit for a PB & J vibe.

6G

Greek yogurt: $\frac{1}{4}$ cup of nonfat Greek yogurt gives you a staying-power boost with only 33 calories. Add fruit and nuts for a parfait-inspired bowl.

6G

Chia seeds: Topping with 3 Tbsp. also gives your oatmeal an 11g fiber boost. That's almost half your daily requirement!

20G

Whey protein powder: It's not just for body builders! Stirring in 2 Tbsp. of a no-sugar-added variety adds milky flavor and creaminess to your oatmeal.

6G

Beans: Opt for 5 Tbsp. hummus, 6 Tbsp. refried beans or 3 oz. of silken tofu. A sprinkle of za'atar and feta on hummus oats? Yes, please.

7G

Cottage cheese: $\frac{1}{4}$ cup of the curds makes your oats oh-so-luscious and flavorful. Top it just like you would plain cottage cheese or enjoy as is.



Vegan on the Double!

Gone are the days with nothing but a sad side salad at the drive-thru for vegan travelers. Just ask **Dustin Harder**, who has put in the miles in search of the best plant-based eats for his web series *The Vegan Roadie*. Here he shares his fast-food favorites that even carnivores will dig into.



1 Power Menu Bowl - Veggie Enjoy familiar Taco Bell flavors without the meat. This satiating bowl is loaded with seasoned rice, black beans, lettuce, pico de gallo and guacamole and packs 10g of fiber and 8g of protein. Skip the cheese, sour cream and ranch sauce.



2 Beyond Meatball Sub Eat more of the rainbow by ordering your favorite veggies piled high on the plant-based Beyond Meatball Sub on Subway's vegan 9-grain wheat bread. These meatless meatballs mimic the texture and taste of traditional ground meat, but are completely vegan.



3 The Impossible Fajita Bowl Bold, smoky and spicy Tex-Mex flavors go vegan thanks to seasoned Impossible "meat" (a plant-based meat alternative made with soy and potato protein) paired with fiber-packed beans, brown rice and peppers. Don't forget to skip the cheese.



4 Lentils & Vegetable Protein Bowl with Brown Rice A lemon tahini dressing elevates roasted vegetables like butternut squash and tomatoes. This grab-and-go pick comes in at 23 grams of protein.

Sustainable Snacking

You can feel good twice when you dig into these earth-friendlier snacks. First, they'll satisfy your cravings. And second, when you buy them, you're voting with your fork for a better food system.

By Joyce Hendley



Barnana Spicy Mango Salsa Plantain Chips The plantains in these hot chili- and paprika-spiced chips are grown using regenerative farming practices to help restore destroyed land.



Exo Cricket Protein Blueberry Vanilla Bars Nutrition and ecology experts alike are chirping over cricket flour, the main protein source in these not-too-sweet bars. It's gentler on the planet: farmed crickets emit just 1% of the greenhouse gas emissions cows do.



PathWater Bye-bye, single-use plastic. This bottled water comes in 100% recyclable aluminum bottles that are sturdy enough to refill and reuse again and again.



Beanfields Pico de Gallo Bean Chips These zesty gluten-free chips are made with beans, which use less water to grow than corn, require little fertilizer and enrich the soil with nitrogen.



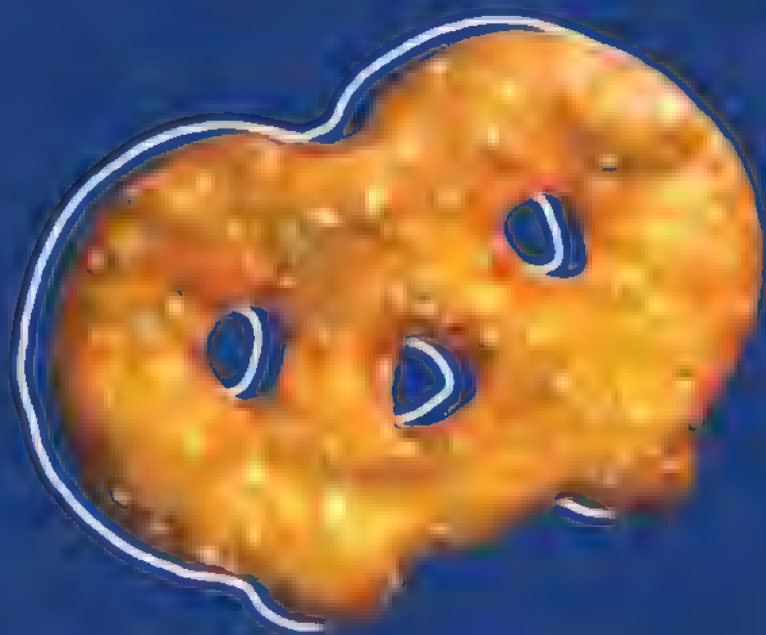
Epic Provisions Bison Bacon Chia Strips Jerky lover? These smoky, chewy strips are made from grass-fed bison, whose grazing helps restore and maintain healthy grasslands.



RISE Brownie Mix

1 cup	1/2 cup	1/4 cup	1/8 cup	1/16 cup	1/32 cup	1/64 cup	1/128 cup	1/256 cup	1/512 cup	1/1024 cup	1/2048 cup	1/4096 cup	1/8192 cup	1/16384 cup	1/32768 cup	1/65536 cup	1/131072 cup	1/262144 cup	1/524288 cup	1/1048576 cup	1/2097152 cup	1/4194304 cup	1/8388608 cup	1/16777216 cup	1/33554432 cup	1/67108864 cup	1/134217728 cup	1/268435456 cup	1/536870912 cup	1/1073741824 cup	1/2147483648 cup	1/4294967296 cup	1/8589934592 cup	1/17179869184 cup	1/34359738368 cup	1/68719476736 cup	1/137438953472 cup	1/274877906944 cup	1/549755813888 cup	1/1099511627776 cup	1/2199023255552 cup	1/4398046511104 cup	1/8796093022208 cup	1/17592186044416 cup	1/35184372088832 cup	1/70368744177664 cup	1/140737488355328 cup	1/281474976710656 cup	1/562949953421312 cup	1/1125899906842624 cup	1/2251799813685248 cup	1/4503599627370496 cup	1/9007199254740992 cup	1/18014398509481984 cup	1/36028797018963968 cup	1/72057594037927936 cup	1/144115188075855872 cup	1/288230376151711744 cup	1/576460752303423488 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IT'S LIKE A
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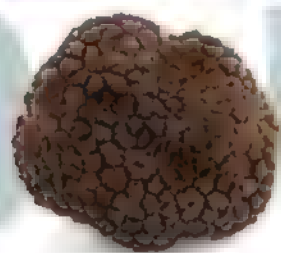


DIP OR
NO DIP
THEY'RE
FLAT
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FIND US IN THE DELI

UNEARTHING OREGON'S HIDDEN BUNTY



THE UNIQUELY FLAVORED BLACK AND WHITE TRUFFLES FOUND IN THE WILLAMETTE VALLEY ARE FINALLY HAVING THEIR DAY—THANKS TO A QUIRKY TURN OF EVENTS

BY ROWAN JACOBSEN

I'm scrambling through a patch of Douglas fir on a misty January morning in Oregon's Willamette Valley, and I'm holding a small miracle in my hand. It's knobby and muddy and certainly doesn't look like a miracle, but when I hold it to my nose, extraordinary scents fill my head and little Pop Rocks of pleasure burst in my brain. It's a white Oregon truffle and it has never had a good reputation.

But this little nugget is as aromatic as anything I've sniffed in Europe. So I ask Charles Lefevre, the gray-goateed mycologist scampering beside me—who has devoted the past 15 years of his life to promoting Oregon truffles—why they've long been snubbed by connoisseurs. In answer, he points to his two four-legged friends hovering back and forth across the forest floor like furry Roombas. "Because no one had dogs," he tells me. "Truffle dogs were the key."

Dante and Mocha, Lefevre's dogs, are Lagotto Romagnolos, an Italian breed famed for its truffling

prowess. Curly mops with bright eyes, they are bounding from tree to tree, unearthing truffles as if they'd studied a treasure map in advance. Unlike many truffle dogs that are better trained to leave the treasure alone, Dante and Mocha have no qualms about trying to eat the ones they find. The only way to prevent this is to race behind them and snatch away the goods—which is what Lefevre and I do for the next three hours while he tries to explain to me how one of America's most amazing wild foods could have been so completely overlooked, and how truffles just might be a god-send to the local ecology and economy.

A type of mushroom, truffles are the spore-filled fruiting bodies of fungi that live symbiotically on tree roots. The fungi gather water and minerals from the soil and feed it to the trees in exchange for sugars the trees make through photosynthesis. Most truffle species grow on just a handful of tree species. In Oregon, they're almost always found beneath a Douglas fir, the

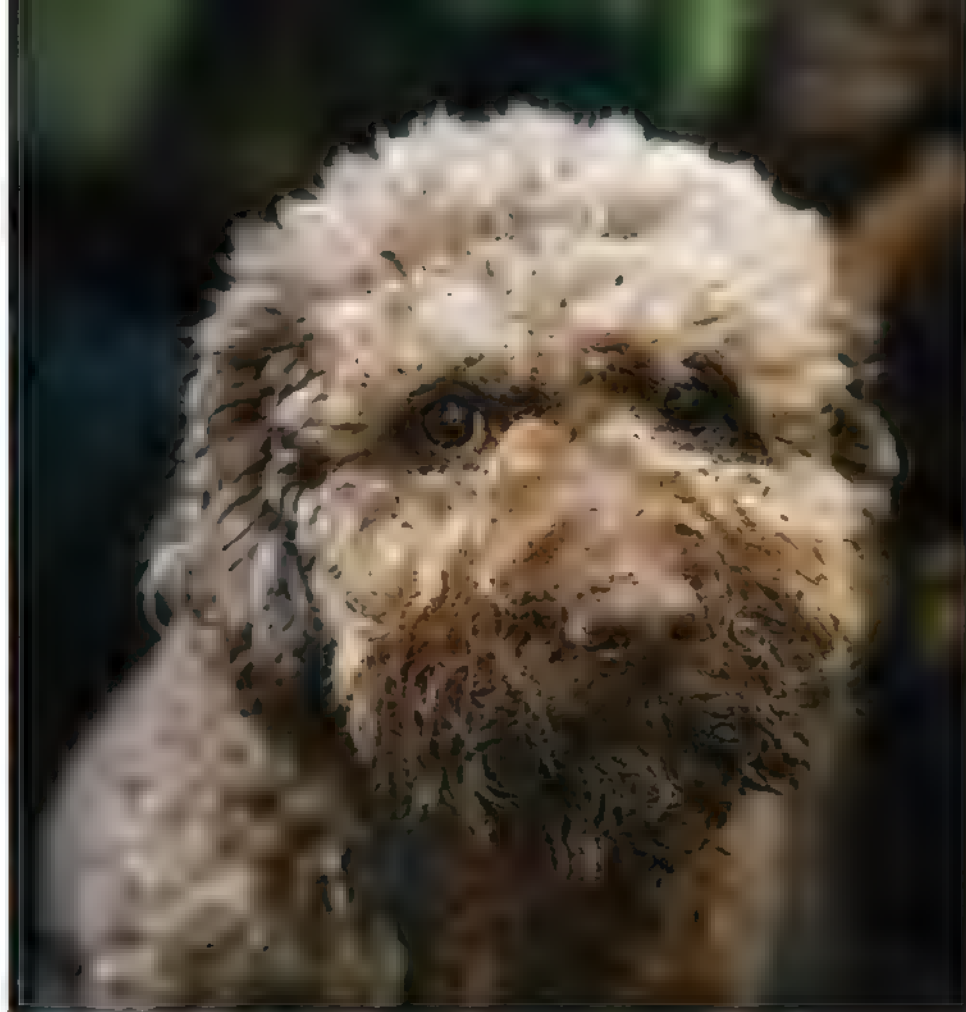
PHOTOS BY ERIC WOLFINGER • RECIPES BY VITALY PALCY



Charles Lefevre and his keen-nosed dogs, Mocha and Dante, hunt for truffles on an old logging road in the Oregon woods, where the fungi grow underneath Douglas fir trees.



SCALLOP CRUDO WITH
TRUFFLE VINAIGRETTE, p. 72



"WORKING WITH A DOG IN THE FOREST IS PART OF THE MYSTIQUE."

—Charles Lefevre

dominant tree of the Pacific Northwest.

But while most mushrooms push above the surface and open like parasols, letting wind and water disperse their spores, truffles stay underground. Down there, they have no elements to help scatter their spores, so truffles use a wildly creative Plan B: a cocktail of aromas—a heady mix of pheromones and volatile compounds—so arresting that passing animals will go out of their way to dig them up, eat them and spread their spores through the forest when nature calls.

And they do. Squirrels, mice, foxes, pigs and bears all go crazy for the things. Humans find them irresistible too. I adore both the luxurious depth of France's black truffles and the garlicky punch of Italy's white ones, the two species celebrated for their ability to etch a taste memory into your brain for life. I'd heard years ago that the Pacific Northwest had its own varieties of truffles, both black and white, but everyone from professional food writers to Michelin-starred chefs had wrinkled their noses when I brought them up. Some said they had no smell. Others said they were gross. All agreed that

they just didn't have the same magic. They were the cubic zirconia to the European diamonds.

But then I heard about the Oregon Truffle Festival, which Lefevre started with his wife in 2006, and my curiosity got the best of me. Could a festival really survive for 14 years if its main ingredient sucked?

And so I've come for three days of truffle hunting, learning and eating, where Lefevre and some of the Northwest's best chefs will try to convince me and a thousand other curious souls that America's native truffles can run with the big dogs.

Speaking of, I have just thrown myself in the dirt to snag a truffle from Mocha's maw, and as I lie there in the fog, a fine mist dripping off the firs, I can't help but take another sniff. I'm already starting to believe, because this little nugget is as aromatic as anything I've experienced in Italy. And so I ask Lefevre again how these truffles could have developed such a bad reputation.

"The thing you have to understand..." he begins, then shouts "Wait, Dante, *no!*" and tears off after his pooch, who has hit a mother lode and is gobbling down the world's most expensive dog treats. It's all I can do to keep up, and the secrets of the Oregon truffle will have to wait a bit longer.

CULTIVATING RESPECT

As a highly coveted food that grows in tiny quantities, truffles have always commanded daunting prices. Black truffles from Europe are widely propagated and go for \$800 a pound. White truffles, which have much more intense aromas and have resisted many efforts to be cultivated, tip the scales at \$3,000 a pound. Until recently, however, Oregon truffles fetched only \$25 a pound.

Why so little?



**BEET CARPACCIO
WITH TRUFFLES**
R. 72



MACHO &
SHAVED ASPARAGUS
SALAD WITH TRUFFLE
VINAIGRETTE
P. 72

It's all about the harvesting, Lefevre explains as we chase Dante and Mocha through the woods, filling our pockets with rescued treasure.

Pigs were humanity's original truffling partners. Natural enthusiasts, they probably trained Europeans to hunt truffles as much as the Europeans trained them. But pigs love truffles too much and too powerfully. It's difficult to stop a 400-pound porker from eating what it finds. Besides, truffle hunters like to keep their best spots secret—and if you've got a pig in your Fiat, everyone knows exactly what you're doing.

So for the last century or so, Europe's truffle hunters have used dogs—which happily work just for treats (Dante and Mocha notwithstanding). There are truffle-dog schools, truffle-dog festivals and truffle-dog breeds, the most famous of which—Lagotto Romagnolos—can fetch \$8,500 a pup.

In the Pacific Northwest, however, there was no truffle-dog culture. When hunters first began harvesting truffles a few decades ago, they used rakes. The truffles grow beneath Douglas firs in loose soil near the surface, easy pickings for a determined raker. But while dogs detect only ripe truffles, raking is indiscriminate and can pull up a year's worth of immature truffles along with a few good ones. And an unripe truffle has all the appeal of a raw potato.

Oregon truffles also have a shorter shelf life than their European counterparts—10 days max. And they need to be cleaned and refrigerated immediately or they will go bad even faster. At \$25 a pound, few rakers bothered to give them the extra love they needed. And let me just say that a rotten truffle is foulness incarnate.

Back in the early 2000s, Lefevre was studying mycology at Oregon State University and foraging for truffles as a hobby. He knew ripe ones smelled and tasted amazing, but that few people had ever experienced them in their prime. “It seemed like there was an opportunity to redeem these species,” he tells me as we head back to his car, clothes covered in dirt, pockets bulging.

Lefevre suspected raking is what had put Oregon truffles in the doghouse. It also didn't help that most of them were being consumed around the holidays—the traditional time to enjoy European truffles—even though the native species didn't reach their peak until weeks later. And with that realization, the Oregon Truffle Festival was born. It would feature rigorous quality control. It would convince the unconvinced how delicious local truffles can be. And it would be dog-centric.

“When you use a dog, you get better truffles,” Lefevre says. “The aesthetics are better, the prices are better and it's less work. Besides, working with a dog in the forest is part of the mystique.



There's just no reason not to use a dog.”

One of the key events of the festival is the Joriad North American Truffle Dog Championship, in which amateur pooches compete to sniff out the most truffles. The first few years were heavy on Lagotto Romagnolos and other breeds known for “scent work,” but in 2018 a rescue Chihuahua named Gustave came out of nowhere to win and became a national story, goosing interest in truffles.

Today, Oregon is crawling with truffle dogs, a canine corps that is transforming the reputation of Northwest truffles. Chefs have noticed, and prices for dog-harvested truffles have risen to several hundred dollars per pound.

Not only is that a win for local gastronomy, Lefevre says, it's also a game-changer for the forests. An acre of Douglas fir can produce thousands of dollars' worth of truffles every year, which means the trees are more valuable alive than cut for timber. And those living forests are hugely beneficial for wildlife and biodiversity, as well as for carbon sequestration—the trees draw greenhouse gas out of the atmosphere and store it deep underground beneath their roots. Plus, unlike ramps and other wild edibles that can be overharvested, truffles grow like fruit, so picking them doesn't harm the parent fungus, which will continue to make more truffles. It's all part of a remarkable awakening, a new way of enjoying the woods that was hiding in plain sight.

DIGGING IN

The proof, though, is in the pudding—or in this case, the beet carpaccio with truffles, which is one

Lefevre shows off an Oregon black truffle. The Pacific Northwest is home to around 350 different species of truffle—more than anywhere else on Earth, except perhaps Australia. (Who knew?)

Oregon truffles have a tropical scent when first ripe—which then deepens to the loamy aroma you may be more familiar with. These varieties are more perishable than their French or Italian cousins and are good for only a matter of days. But their fleeting nature is also part of their allure.



of the dishes Portland chef Vitaly Paley suggests when I brazenly mention that I have a basket full of fresh black truffles, in case he wants to have lunch. Paley, a winner of both *Iron Chef America* and a James Beard Award, is one of the deans of Northwest cooking, a celebrant of ingredients-first cuisine. If anyone knows what to do with Northwest truffles, I figure, it's Paley.

I figure right. He meets me at the door of his restaurant, Paley's Place, and immediately sticks his nose in my basket of truffles. "Ooh, excellent," he says, eyes dancing. "These are really fresh!" He whisks them into the kitchen, explaining that he's worked with native

truffles for 20 years, but that it was very, very difficult to find good ones prior to the arrival of truffle dogs. "I love that yeasty smell when you cut them," he says. "It's like fresh dough."

Like their European counterparts, Oregon black truffles have the cool, comforting scents of black olives and cocoa, but they add their own unique tropical undertones of banana and pineapple, which makes them great in desserts. As they mature a little more, they develop the delightful funk of farmhouse cheese.

To emphasize that earthy quality, Paley shaves them into a muscatel vinaigrette and drizzles it over the

paper-thin slices of golden beet. Another vinaigrette goes on a scallop crudo and a salad of mâche, endive and raw shaved artichoke with crispy fried chicken livers and Parmesan. At the last minute, he grabs a microplane and showers everything with marbled truffle shavings. "One of the nice things about Oregon truffles is that they're relatively inexpensive," he says, flashing me a grin, "so you can use *lots*."

When we finally sit down to eat, the table is a tapestry of colors, shapes and textures. The salad is spiked with intrigue, the beets have a new depth and the scallops seem just a little bit naughty. All I can think is, *Where has*



Visiting Truffle Country

When to Go

Oregon truffle season goes virtually all year long. White truffles are harvested from May through July and between November and March. Oregon black truffles are harvested from October through May—with January and February considered peak season.

What to Do

The **Oregon Truffle Festival** (oregontrufflefestival.org) takes place on two separate weekends in late January in Eugene and February in the Yamhill Valley (near Portland). Both include truffle hunts, multicourse feasts celebrating the bounty of Oregon's fields and vineyards, and marketplaces teeming with truffle products and dishes. The Willamette Valley is also home to many of Oregon's best wines. Just outside Eugene, **King Estate** is one of the largest biodynamic wineries in the world, with more than 1,000 certified organic acres, award-winning pinots and one of the state's top tasting rooms and restaurants (kingestate.com). Beer drinkers will want to head for **Wolves & People**, Christian DeBenedetti's acclaimed farmhouse brewery just outside of Portland. Each year, for the truffle festival, he makes a batch of La Truffe (a play on the

famed Belgian beer La Chouffe), an ale infused with hazelnuts from his farm and white truffles (wolvesandpeople.com).

Where to Stay

Centrally located in downtown Eugene, **Graduate Eugene** offers spacious rooms with cool vintage collegiate art and appointments (graduatehotels.com/eugene). A newer lodging option on a working farm near Carlton, **Abbey Road Farm** has accommodations in beautifully converted grain silos, and has a winemaking collective overseen by famed vintner James Rahn (abbeyroadfarm.com).

Where to Eat

The **Joel Palmer House** is a legendary restaurant devoted to all things fungi—which is apparent in its Mushroom Madness tasting menu (joelpalmerhouse.com). Inspired by French technique and helmed by chef Rocky Maselli, the menu at **Marché** in downtown Eugene is fresh, seasonal and local and always highlights Oregon truffles during the season (marcherestaurant.com). And if the recipes on these pages make your mouth water, be sure to book a table at **Paley's Place**, Vitaly Paley's restaurant, in Portland (paleysplace.net).

Wine pairings

The ultimate pairing for truffles is nebbiolo-based wines from Italy's Piedmont region, like Barbaresco and Barolo. Oregon has a latitude similar to the Italian Piedmont, so winemakers there have been experimenting with growing these grapes over the past few decades.

Here are a few worth searching out to pair with these recipes:

2013 Appoloni Vineyards Nebbiolo Klipsun Vineyard, Columbia Valley, OR (\$39)

2015 Cana's Feast Nebbiolo, Columbia Valley, OR (\$32)

2016 Marchesi Vineyards Nebbiolo Riserva, Columbia Valley, OR (\$50)

this flavor been all my life? They're the opposite of my European truffle experiences, where truffles are often served in rich, monotone dishes, and it occurs to me that truffles have been prisoners to their price tag, forced into a world of stuffy luxury that isn't in their nature.

With their fleeting shelf life, Oregon truffles are never going to become international stars like their tougher overseas siblings. But maybe that's fine. Let it be an experience that can't be had anywhere but here. After all, how often do you get to sniff out a beautiful new cuisine?

ROWAN JACOBSEN is the James Beard Award-winning author of *A Geography of Oysters and Apples of Uncommon Character*. His next book, *Truffle Hound*, will be published next year.

SCALLOP CRUDO WITH TRUFFLE VINAIGRETTE

ACTIVE: 15 min TOTAL: 15 min

To make thinly slicing the scallops easier, freeze them until they are firm but not frozen, about 20 minutes, and then slice. (Photo: page 66.)

- ¼ cup extra-virgin olive oil
- 2 tablespoons balsamic vinegar
- 1 tablespoon finely chopped shallot
- 1 tablespoon black truffle paste or black truffle oil (see box)
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 8 large dry scallops, side muscle removed
- ½ cup microgreens
- 1 small fresh black truffle, shaved (optional; see Tip, below)

1. Whisk olive oil, vinegar, shallot, truffle paste (or truffle oil), salt and pepper in a bowl.
2. Thinly slice scallops and arrange, slightly overlapping, on a plate. Spoon the vinaigrette over the scallops. Garnish with microgreens and shaved truffle, if desired. Serve immediately.

SERVES 4: 2 scallops & 2 Tbsp. vinaigrette each
Cal 191 **Fat** 16g (sat 2g) **Chol** 7mg **Carbs** 7g
Total sugars 1g (added 0g) **Protein** 5g **Fiber** 1g
Sodium 268mg **Potassium** 136mg.

TIP: To shave fresh truffles, use a truffle slicer, a mandoline or a vegetable peeler.

BEET CARPACCIO WITH TRUFFLES

ACTIVE: 15 min TOTAL: 1 hr 20 min

Thin slices of beet, glossy with olive oil, make this salad look like beef carpaccio, especially if you use red beets. (Photo: page 67.)

- 1 pound beets, trimmed and scrubbed
- ¼ cup extra-virgin olive oil
- ¼ cup cider vinegar, divided
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ½ cup sour cream
- 1 teaspoon caraway seeds, crushed
- 1 tablespoon truffle carpaccio (see box) or 1 small fresh black truffle, shaved (see Tip, above)
- Chopped fresh dill for garnish

1. Place beets in a large saucepan and cover with cold water. Bring to a boil over high heat. Adjust heat to maintain a simmer, cover and cook until tender, 45 to 50 minutes. Drain and let cool. Peel and thinly slice the beets.

Taste of Truffles

Fresh truffles are hard to find so these recipes call for products made with truffles that can be bought at well-stocked grocery stores and specialty markets. Many are synthetically flavored, so for the real deal, check the ingredient list for “truffles” rather than other terms like “truffle essence” or “truffle flavor.”

Truffle Paste has a tapenade-like texture that mixes easily into sauces, vinaigrettes and purees.

Truffle Oil is easy to find. Use at room temperature or slightly warm for the best flavor. To taste Oregon truffles, try Tucker's Truffle Oil, available on Etsy.

Truffle Carpaccio is sliced truffles preserved in oil. Use when you want the look and bite of freshly shaved truffles.

Truffle Butter is delicious stirred into eggs or risotto or melted on grilled steak or roast chicken.

- 4 thick asparagus spears, trimmed
- 4 cups mâche or baby spinach
- 1 head endive, trimmed, leaves separated
- 4 radishes, thinly sliced
- 1 cup coarsely chopped flat-leaf parsley
- ¾ cup shaved Parmesan cheese
- 1 medium fresh white truffle, shaved (optional; see Tip, left)

1. Whisk lemon juice, salt and pepper in a large bowl. Whisk in truffle oil.
2. Shave asparagus into long strips using a vegetable peeler; thinly slice what can't be shaved. Add the asparagus, mâche (or spinach), endive, radishes and parsley to the dressing; toss to combine. Transfer to a platter. Sprinkle with Parmesan and garnish with shaved truffle, if desired.

SERVES 6: 1¼ cups each
Cal 141 **Fat** 12g (sat 3g) **Chol** 7mg **Carbs** 5g
Total sugars 1g (added 0g) **Protein** 5g **Fiber** 2g
Sodium 296mg **Potassium** 167mg.

SOFT SCRAMBLED EGGS WITH TRUFFLE BUTTER

ACTIVE: 15 min TOTAL: 15 min

The technique used here, which has its origins in France, requires you to whisk the eggs constantly as they cook and transforms the humble eggs into a light, savory custard. This is where the toast comes in: use it to scoop up every drop.

- 4 large eggs
- 2 tablespoons truffle butter (see box)
- ¼ teaspoon ground pepper
- ¼ teaspoon salt
- 1 tablespoon crème fraîche
- 1 tablespoon finely chopped fresh chives, plus more for garnish
- 4 ½-inch-thick slices crusty whole-grain bread, toasted
- 1 small fresh black or white truffle, shaved (optional; see Tip, left)

1. Crack eggs into a medium saucepan. Add truffle butter, pepper and salt. Cook over low heat, whisking constantly, until small curds form and the mixture thickens, 10 to 12 minutes. It should be smooth and velvety, like a custard. Remove from heat and stir in crème fraîche and chives.
2. Serve the eggs with toast. Garnish with more chives and shaved truffle, if desired.

SERVES 4: ¼ cup eggs & 1 slice toast each
Cal 258 **Fat** 14g (sat 6g) **Chol** 204mg **Carbs** 22g
Total sugars 4g (added 0g) **Protein** 10g **Fiber** 2g
Sodium 319mg **Potassium** 73mg.

MÂCHE & SHAVED ASPARAGUS SALAD WITH TRUFFLE VINAIGRETTE

ACTIVE: 20 min TOTAL: 20 min

Raw asparagus and mâche give this salad a crisp bite and a spring vibe. Along those lines, chef Vitaly Paley sometimes swaps thinly sliced raw artichoke hearts for the asparagus to deliver a similar mild, fresh crunch. (Photo: page 68.)

- 3 tablespoons lemon juice
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ cup white truffle oil (see box)



**SOFT SCRAMBLED
EGGS WITH TRUFFLE
BUTTER**





SUMAC-GLAZED CHICKEN THIGHS WITH PURPLE CAULIFLOWER, p. 80

Purple, Plated

VIBRANT AND A LITTLE BIT MYSTERIOUS, VIOLET-HUED PRODUCE IS NOT ONLY PRETTY—IT ALSO HAS SOME PRETTY BIG HEALTH BENEFITS. BY BECKY DUFFETT / PHOTOGRAPHY BY LEIGH BEISCH



urple has always been powerful. The color of royalty and spiritual leaders, it has a long and storied history, first tinting the robes of ancient kings and queens around the 6th century B.C., then Roman magistrates and Catholic priests.

The earliest dyes were painstakingly extracted from sea snails, making purple so rare and expensive that it became a symbol of status. (Some rulers even forbade citizens from wearing the color under penalty of death.)

But to us at *EatingWell*, purple's prestige has to do with what it brings to our *plates*. Plummy-hued produce—from cold-weather cabbage and cauliflower to spring's first artichokes and asparagus—owe their color to anthocyanins, natural plant pigments (as opposed to snails) that can show up in various shades of purple, black, blue and red. Those anthocyanins not only imbue intense color, they also act as potent antioxidants that have been shown to reduce inflammation in the body and help ward off myriad diseases, including cancer, cardiovascular disease, type 2 diabetes, metabolic syndrome, hypertension, gastrointestinal issues and cognitive decline.

"Anthocyanins are the most versatile compound in terms of human health," says Mary Ann Lila, Ph.D., director of the Plants for Human Health Institute, a research center at North Carolina State University. "Others, like carotenoids or glucosinolates, are recognized for benefits against one chronic disease, or a narrow spectrum of conditions. But anthocyanins have demonstrated efficacy against an extremely broad range of health impediments." (More on that in the coming pages.)

With benefits like this, no wonder more and more purple produce is cropping up at the market. And these aren't novel varieties, either: "We're actually going back to what vegetables *used* to look like, when purple carrots and potatoes were the norm," adds Lila. "We bred the color out of them, going back many hundreds of years, to remove more pungent flavors, and make them mild and sweet. Now, it's so exciting to see the return of this vibrant color, because it has a wilder flavor." (Anthocyanins give food a slight bitterness.)

So if you've only been color-spotting for lush greens, it's time to switch it up with some violet-colored veg. Take a look at the extraordinary health perks, as well as recipes and cooking tips to help you harness the power of purple.



PURPLE POWER SLAW, P.78



GERMAN-STYLE
PURPLE POTATO SALAD, P.78

ROASTED PURPLE CARROTS WITH
BLACK SESAME DUKKAH, P.78

Boost Your Microbiome

Eating ample high-fiber fruits and veggies is important for overall G.I. health, but those that are also rich in anthocyanins appear to be especially beneficial. According to a new review of studies published in the *Journal of Human Nutrition and Dietetics*, the phytonutrient significantly bumps up levels of *Bifidobacterium*—a type of good gut bacteria that's widely used in probiotics and has been shown to help conditions like irritable bowel syndrome. It also crowds out gut bugs that are known to be harmful.

Roasted Purple Carrots with Black Sesame Dukkah

ACTIVE: 15 min TOTAL: 40 min

We love how the Egyptian nut, seed and spice blend dukkah adds aroma, flavor and texture to this otherwise simple dish. (Photo: page 77.)

- 2 pounds purple carrots, halved or quartered lengthwise, if large
- 4 cloves garlic, peeled
- 3 sprigs fresh thyme
- 3 tablespoons extra-virgin olive oil, divided
- ¼ teaspoon salt plus ¾ teaspoon, divided
- ¼ cup finely chopped unsalted pistachios
- 1 tablespoon black sesame seeds
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin

1. Preheat oven to 400°F. Line a baking sheet with parchment paper or foil.
 2. Place carrots, garlic and thyme on the prepared pan. Drizzle with 2 tablespoons oil and season with ¼ teaspoon salt; toss to coat. Roast until the carrots are tender but not browned, 25 to 30 minutes. Discard the thyme.
 3. Meanwhile, to prepare dukkah: Heat a small skillet over low heat. Add pistachios, sesame seeds, coriander, cumin and the remaining ¾ teaspoon salt; cook, stirring constantly, until warm and fragrant, 2 to 4 minutes. Remove from heat.
 4. Arrange the carrots and garlic on a platter. Drizzle with the remaining 1 tablespoon oil and sprinkle with the dukkah. Serve warm.
- SERVES 6: about 1 cup each
 Cal 160 Fat 10g (sat 1g) Chol 0mg Carbs 16g
 Total sugars 7g (added 0g) Protein 3g Fiber 5g
 Sodium 240mg Potassium 496mg.

German-Style Purple Potato Salad

ACTIVE: 30 min TOTAL: 40 min

Steamed potatoes are usually the base of this German staple, but here the roasted potatoes add another layer of flavor. (Photo: page 76.)

- 2 pounds purple potatoes, cut into 1-inch pieces
- 2 tablespoons canola or avocado oil
- ½ teaspoon salt, divided
- ¼ teaspoon ground pepper, plus more to taste
- 4 slices bacon, chopped
- ½ cup finely chopped red onion
- ¼ cup cider vinegar
- 2 tablespoons whole-grain mustard
- 1 cup sliced celery

1. Preheat oven to 425°F.
2. Toss potatoes in a large bowl with oil, ¼ teaspoon salt and pepper. Transfer to a large rimmed baking sheet. Roast, stirring once, until tender and browned, 20 to 25 minutes.
3. Meanwhile, cook bacon in a medium skillet over medium heat, stirring occasionally, until crisp, 5 to 7 minutes. Transfer with a slotted spoon to a paper-towel-lined plate. Add onion, vinegar and mustard to the pan. Cook, stirring constantly and scraping up the browned bits, for 1 minute. Remove from heat.
4. Transfer the potatoes to a large bowl and drizzle with the dressing; stir to combine. Add celery and the bacon and toss to coat. Season with the remaining ¼ teaspoon salt and more pepper to taste.

SERVES 10: ⅔ cup each

Cal 129 Fat 4g (sat 1g) Chol 4mg Carbs 17g
 Total sugars 1g (added 0g) Protein 3g Fiber 1g
 Sodium 245mg Potassium 61mg.

Purple Power Slaw with Sesame-Ginger Vinaigrette

ACTIVE: 35 min TOTAL: 35 min

Combining a trio of purple vegetables—cabbage, carrots and daikon—makes for a stunning slaw. It would be equally delicious tossed with a classic creamy dressing. (Photo: page 76.)

- ¼ cup toasted sesame oil
- 2 tablespoons cider vinegar
- 1½ tablespoons reduced-sodium tamari or soy sauce
- 1 tablespoon honey
- 1 tablespoon grated peeled fresh ginger
- 1 clove garlic, grated
- ¼ teaspoon salt
- 4 cups thinly sliced purple cabbage
- 1 large purple carrot, cut into matchsticks
- 1 small purple daikon, peeled and cut into matchsticks
- 4 tablespoons chopped fresh cilantro, divided
- 4 tablespoons sliced scallions, divided
- 1 tablespoon toasted sesame seeds

Whisk oil, vinegar, tamari (or soy sauce), honey, ginger, garlic and salt in a large bowl. Add cabbage, carrot, daikon and 3 tablespoons each cilantro and scallions; toss to coat. Serve the slaw topped with sesame seeds and the remaining 1 tablespoon each cilantro and scallions.

SERVES 8: about ¾ cup each

Cal 96 Fat 8g (sat 1g) Chol 0mg Carbs 6g
 Total sugars 4g (added 2g) Protein 1g Fiber 1g
 Sodium 218mg Potassium 112mg.

Coconut Black Rice Bowls with Tofu & Purple Asparagus

ACTIVE: 35 min TOTAL: 1 hr

Beyond produce, black beans, black rice and black sesame seeds all contain anthocyanins. So “forbidden” rice isn’t just striking, it’s also a serious nutrition upgrade. Simmering it in coconut milk adds rich aroma and flavor.

- 3 tablespoons avocado or peanut oil, divided
- 1 tablespoon minced lemongrass
- 3 teaspoons minced garlic, divided
- 1 cup black rice
- 1 15-ounce can light coconut milk
- ⅓ cup water
- ¾ teaspoon salt, divided
- 2 tablespoons toasted sesame oil
- 2 tablespoons reduced-sodium tamari or soy sauce
- 1 tablespoon packed light brown sugar
- ¼ teaspoon crushed red pepper
- 1 14-ounce package extra-firm water-packed tofu
- 1 pound purple asparagus, trimmed and cut into 1-inch pieces
- 1 tablespoon grated peeled fresh ginger
- ½ cup unsweetened shredded coconut
- 1 tablespoon lime juice, plus lime wedges for serving
- 1 teaspoon black sesame seeds
- 3 scallions, sliced
- Opal basil leaves & thinly sliced purple daikon for garnish

1. Heat 1 tablespoon avocado (or peanut) oil in a medium saucepan over medium heat. Add lemongrass and 1 teaspoon garlic and cook, stirring often, until fragrant, about 30 seconds. Add rice and stir to coat. Stir in coconut milk, water and ½ teaspoon salt. Bring to a simmer over high heat. Reduce heat to maintain a simmer, cover and cook until the rice is tender and the liquid has been absorbed, 35 to 45 minutes.
2. Meanwhile, whisk sesame oil, tamari (or soy sauce), brown sugar and crushed red pepper in a small bowl. Drain tofu and cut into 2-by-1½-inch slabs. Place between paper towels and press to remove excess moisture.
3. Heat the remaining 2 tablespoons avocado (or peanut) oil in a large cast-iron skillet over medium-high heat. Add the tofu and cook, flipping once, until golden and crispy, 8 to 10 minutes total. Remove to a plate and sprinkle with the remaining ¼ teaspoon salt. Add asparagus, ginger and the remaining 2 teaspoons garlic to the pan; cook, stirring, until the asparagus is tender-crisp, about 3



Fend Off Cancer

A recent Finnish study discovered that anthocyanins increase levels of an enzyme that tamps down the expression of certain cancer genes, inhibiting cancer cells from forming and also from proliferating. (Interestingly, the same enzyme is also linked to improved blood sugar levels.) The researchers are now scrutinizing the pigment to develop preventive drugs and improve treatments for current cancer patients.

COCONUT
BLACK RICE BOWLS
WITH TOFU &
PURPLE ASPARAGUS

Get More Bang for Your Bite

While raw purple vegetables retain the brightest and prettiest color, cooking them actually increases the amount of anthocyanins your body is able to absorb: "Heat releases the phytochemicals, versus your body having to digest them first," says NC State's Mary Ann Lila. (Just avoid boiling them to death, or you'll end up with khaki vegetables and a pot full of blue water. Steaming, roasting or sautéing is fine.)

minutes. Remove from heat. Whisk the sauce and add to the pan along with the tofu; gently stir to coat.

4. Stir coconut and lime juice into the rice. Top the rice with the tofu mixture, sesame seeds and scallions. Serve with lime wedges and garnish with basil and daikon, if desired.

SERVES 4: 1¾ cups each

Cal 577 **Fat** 37g (sat 14g) **Chol** 0mg **Carbs** 50g

Total sugars 7g (added 3g) **Protein** 18g **Fiber** 8g

Sodium 815mg **Potassium** 189mg.

Shaved Purple Artichoke & Asparagus Pizza with Lemon & Pecorino

ACTIVE: 25 min **TOTAL:** 25 min

Shiso is a fuzzy-leaved herb in the mint family that's used in a variety of Asian cuisines. Devoted fans grow it in their gardens; look for it at Asian and farmers' markets. Note: Baby artichokes hardly have chokes, so you can use a paring knife to extricate any fluff.

- 1 tablespoon cornmeal
- 1 pound whole-wheat pizza dough, at room temperature
- 2 tablespoons extra-virgin olive oil, divided
- 2 cloves garlic, sliced
- ¾ teaspoon kosher salt, divided
- ¾ teaspoon crushed red pepper
- 1½ cups shredded part-skim mozzarella cheese
- 2 baby purple artichokes
- 1 teaspoon lemon zest
- 2 tablespoons lemon juice
- 8 ounces purple asparagus, trimmed
- 2 ounces shaved pecorino cheese (½ cup)
- ¾ teaspoon ground pepper
- Purple shiso leaves for serving

1. Position rack in lower third of oven; pre-heat to 450°F. Sprinkle a baking sheet with cornmeal.

2. Roll out dough on a lightly floured surface into a 12-inch oval. Transfer to the prepared pan and brush with 1 tablespoon oil. Sprinkle the dough with garlic, ¾ teaspoon salt and crushed red pepper, then top with mozzarella. Bake until bubbling and golden brown, 12 to 15 minutes.

3. Meanwhile, snap the tough outer leaves off artichokes and cut off the top two-thirds, down to the heart. Peel the tough stem. Cut the artichokes in half and remove any fuzzy choke. Thinly slice the artichokes and toss in a bowl with lemon juice. Shave asparagus into long strips using a vegetable peeler; thinly slice what can't be shaved. Add the asparagus to the bowl along with pecorino, pepper, the remaining 1 tablespoon oil and ¾ teaspoon salt; toss to coat.

4. Top the pizza with the vegetables and sprinkle with lemon zest and shiso, if using.

SERVES 5: 1 slice each

Cal 403 **Fat** 20g (sat 7g) **Chol** 33mg **Carbs** 41g

Total sugars 3g (added 0g) **Protein** 19g **Fiber** 3g

Sodium 706mg **Potassium** 162mg.

Sumac Chicken Thighs with Purple Cauliflower

ACTIVE: 25 min **TOTAL:** 3 hrs (including 2 hrs marinating time) **TO MAKE AHEAD:** Marinate chicken (Step 1) overnight.

Cauliflower has gone full technicolor, leaping from white to bright orange, neon green and—you guessed it—purple. The chicken in this recipe gets its hue from a marinade that's seasoned with tangy sumac. (Photo: page 75.)

- 4 tablespoons extra-virgin olive oil, divided
- Juice of ½ lemon
- 3 cloves garlic, minced
- 2 tablespoons ground sumac
- 1 teaspoon ground cumin
- ¾ teaspoon salt, divided
- 2 pounds bone-in chicken thighs, trimmed
- 1 2-pound head purple cauliflower, cut into florets (8 cups)
- 1 medium red onion, cut into ½-inch wedges
- ½ cup labneh (see *Tip*, page 83) or whole-milk plain Greek yogurt
- 2 tablespoons pine nuts, toasted
- 1 tablespoon chopped fresh parsley



SHAVED PURPLE ARTICHOKE & ASPARAGUS PIZZA

Pinch Tip: The Pigment

"The deeper and darker the color, the more powerful the health benefits," says Lila. (Though all of it is good!)

An almost-black eggplant, for example, contains up to 75 times more anthocyanins than a bright red apple.

BLACKBERRY & BLUEBERRY CAKE BARS

1. Whisk 2 tablespoons oil, lemon juice, garlic, sumac, cumin and $\frac{1}{4}$ teaspoon salt in a medium bowl. Add chicken and turn to coat. Cover and marinate in the refrigerator for at least 2 hours or overnight.

2. Position racks in center and lower third of oven. Place a rimmed baking sheet on the lower rack and preheat to 400°F.

3. Place cauliflower and onion on another rimmed baking sheet. Drizzle with the remaining 2 tablespoons oil and season with the remaining $\frac{1}{2}$ teaspoon salt; toss to coat. Remove the chicken from the marinade (discard the remaining marinade) and place, skin-side down, on the preheated pan; return to the lower rack. Place the vegetables on the center rack. Roast, turning the chicken and stirring the vegetables halfway through, until an instant-read thermometer inserted in the thickest part without touching bone registers 165°F and the vegetables are tender, 25 to 35 minutes.

4. Smear labneh (or yogurt) on a serving platter and top with the chicken and vegetables. Drizzle with any juices from the chicken and sprinkle with pine nuts and parsley.

SERVES 4: 3 oz. chicken & $1\frac{1}{2}$ cups vegetables each

Cal 567 **Fat** 39g (sat 9g) **Chol** 177mg **Carbs** 18g **Total sugars** 7g (added 0g) **Protein** 39g **Fiber** 6g **Sodium** 653mg **Potassium** 1,203mg.

TIP: To make labneh, line a large sieve with 4 layers of cheesecloth. Set it over a deep bowl leaving at least 3 inches of space below it. Whisk 4 cups whole-milk plain yogurt with $\frac{1}{4}$ tsp. salt; spoon into the cheesecloth. Refrigerate until at least 1 cup of liquid has drained out, 12 to 24 hours. (Discard liquid.) Refrigerate labneh for up to 1 week.

Support a Healthy Heart

Anthocyanins have been shown to relax blood vessels and reduce blood pressure, as well as lower the risk of clotting. A recent King's College London study found that volunteers who had a drink containing the equivalent of about $1\frac{1}{2}$ cups of blueberries daily (berries in general are a particularly good source of anthocyanins) saw their blood pressure drop by 5 mmHg—results similar to those from blood-pressure-lowering medications. Blood vessel function also improved just 2 hours after ingestion, and the benefit lasted for up to a month afterward.

Blackberry & Blueberry Cake Bars

ACTIVE: 15 min **TOTAL:** 1 hr

TO MAKE AHEAD: Store airtight at room temperature for up to 2 days.

These incredibly easy-to-make bars get a touch of sparkle and crunch from a sprinkle of turbinado sugar over the top. If you use frozen berries, thaw and pat them dry before topping the batter with them.

2 tablespoons unsalted butter
plus 4 tablespoons, at room
temperature, divided

$\frac{1}{2}$ cup granulated sugar

$\frac{1}{4}$ cup canola oil

1 large egg

1 teaspoon vanilla extract

1 cup white whole-wheat flour

1 teaspoon baking powder

$\frac{1}{2}$ teaspoon salt

$\frac{1}{2}$ cup low-fat milk

1 cup fresh blackberries

1 cup fresh blueberries

$\frac{1}{4}$ cup finely chopped almonds

2 tablespoons turbinado sugar

1. Preheat oven to 350°F. Coat a 9-inch-square baking pan with 2 teaspoons butter.

2. Beat the remaining 4 tablespoons butter, granulated sugar and oil in a stand mixer fitted with a paddle attachment, or with a hand mixer, until light and fluffy, about 2 minutes. Beat in egg and vanilla until smooth.

3. Whisk flour, baking powder and salt in a medium bowl. Add the dry ingredients to the wet ingredients and mix until halfway combined. Add milk and mix just until combined. Do not overmix.

4. Spread the batter in the prepared pan. Sprinkle blackberries and blueberries over the top and lightly press them into the batter. Sprinkle with almonds and turbinado sugar.

5. Bake until puffed and golden and a toothpick inserted into the center comes out clean, 40 to 45 minutes.

6. Let cool slightly, then cut into 9 squares.

SERVES 9: 1 square each

Cal 257 **Fat** 14g (sat 5g) **Chol** 37mg **Carbs** 30g **Total sugars** 17g (added 14g) **Protein** 4g **Fiber** 3g **Sodium** 185mg **Potassium** 110mg. 🍓

BECKY DUFFETT is a writer, editor and recipe developer based in San Francisco. Her work has also appeared in *Taste*, *Healthyish*, *The Kitchn*, *Eater SF* and *Edible San Francisco*.

Growing Young Minds



In the 25 years since Alice Waters' original Edible Schoolyard launched, school curriculums and cafeterias have greened up considerably. THE RESULT FOR STUDENTS? Better lunches and better academics! BY LUCY H. CLARK

To see the birthplace of the farm-to-school movement, you'd have to swing by Martin Luther King Jr. Middle School. Alice Waters used to pass this Berkeley, California, institution daily on her way to Chez Panisse, the restaurant she started in 1971. She would glance at the sad state of the graffitied building being swallowed up by weeds and keep driving. One day in 1995, she braked to pitch an idea to the school principal: a kitchen-garden-cafeteria program. Today, where dead grass and a parking lot sprawled, a 1-acre garden thrives and an adjacent kitchen classroom bustles with middle schoolers. And lunch is always freshly prepared and locally sourced. This is Waters' Edible Schoolyard Project.

It turns out, the famed chef-activist is also a former Montessori teacher. "Montessori believes the best way to teach is by doing:

experiential education," Waters says. "I can say, after 25 years, if they grow it and cook it, every child will eat it." This is the gospel of school gardens. And it's not just anecdotal. Studies show that students at schools offering frequent hands-on food education eat *triple* the amount of fruits and veggies than students at schools that don't. Today, 34% of public schools nationwide have a school garden and an additional 22% of districts are planning to add them.

Aiming to build on Waters' vision, the National Farm to School Network launched in 2007. In addition to supporting school gardens and food education, the nonprofit's mission is to bring food from local farms into every cafeteria. Bolstered by the 2010 Healthy Hunger Free Kids Act, which required school lunches to include more fruits and vegetables, farm-to-school programming now happens in all 50 states. And Waters' original project has expanded from a half-dozen founding Edible Schoolyards to a global network linking nearly 6,000 similar programs.

Reflecting on the program's growth over the years, Waters has words of encouragement for all involved in or inspired by the movement: "We've been told it's hard to take care of gardens and hard to buy real food for schools. But I'm just here to say that it's worth it. It's not hard. It connects you back to the land and it brings in a whole community of people that become valuable in your life."

Here's a peek into what's germinating across the country, from pre-K to high school, plus a taste of recipes from Farm to School-participating cafeterias.

**FOOD
PHOTOGRAPHY
BY
JENNIFER
CAUSEY**

Shirley Hill
Salad with Pine
Nuts & Raisins



"I can say,
after 25 years
if they grow
it and cook it,
every child
will **EAT** it."

—ALICE MATTHEWS
Founder of Food & Family Farm



23% of kids who dug into school-garden programs in Washington, D.C., achieved advanced math scores compared to only **11%** of nongardeners

Massaman Curry Chicken with Turmeric Brown Rice

ACTIVE: 40 min **TOTAL:** 50 min

When students in Georgia were challenged to use local ingredients to come up with a creative dish that could be easily made in cafeterias, this recipe was a finalist. The kids wanted to cook their rice in milk with turmeric to give it a creamy texture and golden color, but they swapped in rice milk to keep the dish no-dairy. Regular milk works just as well. Adapted from Georgia Farm to School.

- 2 tablespoons canola oil, divided
- 3 cloves garlic, finely chopped
- 2 tablespoons finely chopped fresh ginger, divided
- 1¾ cups brown basmati rice
- 1½ teaspoons ground turmeric
- 2¼ cups unsweetened rice milk, divided
- 1¼ cups water
- ¼ teaspoon salt
- 1 pound boneless, skinless chicken thighs, trimmed and cut into bite-size pieces
- 1 medium bell pepper, diced
- 2 tablespoons Thai red curry paste
- 1 tablespoon brown sugar
- 4 cups broccoli florets
- 1 tablespoon lime juice
- 3 tablespoons chopped fresh cilantro or parsley

1. Heat 1 tablespoon oil in a medium saucepan over medium heat. Add garlic and 1 tablespoon ginger; cook, stirring occasionally, until fragrant, about 1 minute. Add rice and turmeric; cook, stirring occasionally, for 2 minutes. Add 1 cup rice milk, water and salt; bring to a boil over high heat. Reduce heat to a simmer, cover and cook until the rice is tender and all the liquid has been absorbed, about 35 minutes.

2. Meanwhile, heat the remaining 1 tablespoon oil in a large skillet over medium heat. Add chicken and cook, stirring occasionally, until browned, 5 to 7 minutes. Add bell pepper, curry paste and the remaining 1 tablespoon ginger; cook, stirring, for 1 minute. Add the remaining 1¼ cups rice milk and brown sugar; bring to a gentle boil over high heat. Add broccoli, reduce heat to a simmer, cover and cook until the broccoli is tender, 3 to 5 minutes. Stir in lime juice. Serve the curry over the rice, topped with cilantro (or parsley).

SERVES 4: 2 cups each

Cal 599 **Fat** 20g (sat 3g) **Chol** 76mg **Carbs** 80g
Total sugars 15g (added 3g) **Protein** 30g
Fiber 7g **Sodium** 796mg **Potassium** 532mg



Get gardening
know-how at
[eatingwell.com/
plantyourplate](http://eatingwell.com/plantyourplate)

Strawberry Basil Quinoa Salad

ACTIVE: 20 min **TOTAL:** 40 min

The folks who promote California strawberries sponsored a national cook-off for kids and challenged them to come up with a quick creative recipe. A 12-year-old from Maryland took the prize for this grain salad, which the cook-off judge, a former MasterChef Junior winner himself, proclaimed easy, healthy and, of course most important, delicious.

- 3 cups water
- 1½ cups quinoa
- ¾ teaspoon salt, divided
- ½ cup lemon juice
- ½ cup extra-virgin olive oil
- 2 teaspoons pure maple syrup
- ½ teaspoon ground pepper
- 2 cups diced strawberries
- ½ cup chopped fresh basil
- ½ cup crumbled feta cheese

1. Combine water, quinoa and ¼ teaspoon salt in a large saucepan. Bring to a simmer

over high heat. Reduce heat to maintain a simmer, cover and cook until the quinoa is tender and the water is absorbed, 12 to 15 minutes. Let cool for 15 minutes.

2. Meanwhile, whisk lemon juice, oil, maple syrup, pepper and the remaining ½ teaspoon salt in a large bowl.

3. Add the cooked quinoa, strawberries, basil and feta to the dressing; stir to combine.

SERVES 8: generous ¾ cup each
Cal 246 **Fat** 13g (sat 3g) **Chol** 8mg **Carbs** 26g
Total sugars 5g (added 1g) **Protein** 6g
Fiber 3g **Sodium** 309mg **Potassium** 272mg.

"When students see a concept on a chalkboard it might not sink in. But to measure garden beds to calculate area is **small, concrete & experiential**—they might immediately get it."

—CHRISTINE GALL, BURLINGTON SCHOOL FOOD PROJECT



Whole-Wheat Strawberry Muffins

ACTIVE: 15 min **TOTAL:** 45 min

TO MAKE AHEAD: Store muffins airtight for up to 2 days or freeze for up to 3 months.

EQUIPMENT: 2 muffin tins with 12 ½-cup cups
Kids in the Massachusetts Farm to School program used smart recipe swaps when they created these muffins: applesauce to replace some of the oil lowers calories, and whole-wheat flour instead of all-purpose flour brings added fiber and more nutrients.

- 1½ cups unsweetened applesauce
- 1 cup granulated sugar
- ½ cup canola oil
- 3 cups white whole-wheat flour
- 2¼ teaspoons baking soda
- ¾ teaspoon salt
- 2 cups chopped strawberries

1. Preheat oven to 350°F. Line 18 (½-cup) muffin cups with paper liners.
2. Whisk applesauce, sugar and oil in a large bowl. Add flour, baking soda and salt; whisk until combined. Gently fold in strawberries. Divide the batter among the prepared muffin cups.
3. Bake the muffins until the tops spring back when touched lightly and a toothpick inserted in the center comes out clean, 22 to 28 minutes. Let cool in the pan for 5 minutes, then turn out onto a wire rack to cool completely.

SERVES 18: 1 muffin each

Cal 179 **Fat** 6g (sat 0g) **Chol** 0mg **Carbs** 30g
Total sugars 14g (added 11g) **Protein** 3g **Fiber** 3g
Sodium 255mg **Potassium** 70mg.



School GARDEN Innovations We LOVE



SCHOOL DISTRICT	GARDENS	HOW THEY ARE GROWING
Minneapolis Public Schools, Minneapolis, Minnesota 68 schools 35,000 students	30+	Every Thursday after school, a group of 11th and 12th graders file into an old auto-mechanics room and head for a concrete trough on the floor. Inside, koi fish swim, eat and make waste that fertilizes grow beds above, bursting with leafy greens. It's the aquaponics system at Roosevelt High School and these teens are part of an after-school program, getting paid \$10 an hour to tend it.
Burlington School District, Burlington, Vermont 12 schools 4,000 students	13+	The Fork in the Road food truck is not only a stalwart of the city's hopping outdoor dining scene, it's also a key part of the Burlington School Food Project . Instead of more-traditional summer jobs, a few lucky high schoolers get to experience the fast-paced thrill of slinging tacos and pulled pork sandwiches from this truck. They also get their hands dirty harvesting the week's featured ingredients from the Hunt Middle School garden.
Loudoun County Public Schools Loudoun County, Virginia 94 schools 84,000 students	52	QR codes on garden stakes mark themed plots, such as a butterfly garden, a multi-sensory garden and a native plant garden, at Frederick Douglass Elementary . "Students take their tablets, scan the QR code and download lessons, activities, videos and more information about whatever is growing," says Stephanie Dove, R.D.N.
Greeley-Evans Weld County School District 6, Greeley, Colorado 38 schools, 22,000 students	29	During the after-school program dubbed Growing Grounds at Bella Romero Academy , kids care for cantaloupe and carrots instead of just doing homework. Everything that's picked in these gardens goes right into the district's food hub, a huge production kitchen where \$3.9 million worth of local produce—including school garden harvests—passes through annually for washing and prep before distribution to the district's school cafeterias.

Real
strawberries.



You can't fake
delicious.



Massaged Kale Salad with Grapes & Cheddar

ACTIVE: 15 min **TOTAL:** 15 min

The kids participating in the California Farm to School Network who inspired this salad knew that they could make kale more tender and appealing to fellow students by massaging it first to break down tough cells in the plant. You probably won't find crumbled Cheddar at your market, but all you have to do is buy the cheese as a brick and then slice before breaking it into little chunks. (Photo: page 85.)

- 3 tablespoons lemon juice
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon honey
- $\frac{1}{4}$ teaspoon kosher salt
- $\frac{1}{8}$ teaspoon ground pepper
- 8 ounces kale ($\frac{1}{2}$ large bunch), stemmed and torn (10 cups)
- 1 cup halved grapes
- $\frac{1}{2}$ cup toasted pepitas
- $\frac{1}{4}$ cup crumbled Cheddar cheese

Whisk lemon juice, oil, honey, salt and pepper in a large bowl. Add kale and massage until it's bright green and shiny and the volume is reduced by about half. Add grapes, pepitas and Cheddar and toss to combine.

SERVES 4: 2 cups each

Cal 249 **Fat** 17g (sat 4g) **Chol** 7mg **Carbs** 19g **Total sugars** 12g (added 4g) **Protein** 9g **Fiber** 3g **Sodium** 224mg **Potassium** 370mg.

Roasted Parsnip Chips

ACTIVE: 15 min **TOTAL:** 1 $\frac{1}{4}$ hrs

These baked veggie chips have only 4 ingredients and couldn't be easier to make. They're best when the parsnips are sliced thinly and evenly, so if you have a mandoline this would be the perfect time to get it out. Recipe adapted from VT Feed.

- 2 pounds parsnips, peeled and very thinly sliced (6 cups)
- $\frac{1}{4}$ cup canola oil
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground pepper

1. Position racks in middle and lower thirds of oven; preheat to 350°F.
2. Toss parsnips in a large bowl with oil, salt and pepper. Divide between 2 baking sheets and spread into even layers.
3. Bake, stirring the parsnips and switching the positions of the pans and rotating them from back to front halfway through, until golden brown, about 1 hour.

SERVES 12: $\frac{1}{3}$ cup each

Cal 90 **Fat** 5g (sat 0g) **Chol** 0mg **Carbs** 12g **Total sugars** 3g (added 0g) **Protein** 1g **Fiber** 3g **Sodium** 103mg **Potassium** 242mg.

Beet Burgers

ACTIVE: 20 min **TOTAL:** 55 min

EQUIPMENT: Parchment paper

These sophisticated patties taste like a veggie burger from a restaurant. Maybe that's because Dave Horner, the food service chief in Vermont's Chittenden East school district who created it, taught at the New England Culinary Institute before cooking for the kids.

- 1 tablespoon extra-virgin olive oil
- $\frac{1}{2}$ cup diced onion
- 1 large egg
- 1 cup grated peeled beet
- 1 cup grated carrot
- $\frac{1}{2}$ cup grated Parmesan cheese
- $\frac{1}{2}$ cup cooked brown rice
- $\frac{1}{2}$ cup toasted unsalted sunflower seeds
- $\frac{1}{4}$ cup toasted sesame seeds
- 3 tablespoons whole-wheat flour
- 2 tablespoons chopped fresh parsley
- 1 teaspoon reduced-sodium soy sauce
- $\frac{3}{4}$ teaspoon kosher salt

1. Preheat oven to 375°F. Line a baking sheet with parchment paper.
2. Heat oil in a small skillet over medium-high heat. Add onion; cook, stirring



Who doesn't like
delicious



occasionally, until soft and golden, about 3 minutes.

3. Whisk egg in a large bowl. Stir in beet, carrot, Parmesan, rice, sunflower seeds, sesame seeds, flour, parsley, soy sauce, salt and the onion until well combined. Using $\frac{1}{2}$ cup for each, shape the mixture into 6 patties, each about 2½ inches wide. Place on the prepared pan.

4. Bake until browned and heated through, about 30 minutes. Serve on buns with your favorite toppings, if desired.

SERVES 6: 1 burger each

Cal 205 **Fat** 13g (sat 3g) **Chol** 37mg **Carbs** 16g **Total sugars** 3g (added 0g) **Protein** 8g **Fiber** 4g **Sodium** 430mg **Potassium** 255mg.

WANT RECIPES for your kid's school?

We adapted some of the recipes for this story from VT Feed's cookbook *New School Cuisine*, designed for cafeterias. Download it for free at vtfeed.org.



Arugula Lemon Pesto Pasta Salad

ACTIVE: 20 min **TOTAL:** 30 min

If you want proof that school gardens help create sophisticated and adventurous eater, look no further. Just say "arugula lemon pesto" to yourself and marvel that the origin of this dish is a cookbook that is an offshoot of school garden programs in Vermont (see left).

- 1 pound whole-wheat rotini or penne pasta**
- 2½ cups packed baby arugula**
- $\frac{3}{4}$ cup grated Parmesan cheese**
- $\frac{3}{4}$ cup unsalted sunflower seeds**
- 5 cloves garlic**
- Zest & juice of 1 medium lemon, divided**
- 1 teaspoon salt**
- $\frac{1}{2}$ cup extra-virgin olive oil**
- 1 15-ounce can no-salt-added white beans, rinsed**
- 1 cup slivered sun-dried tomatoes**
- $\frac{1}{2}$ cup finely chopped red onion**
- Ground pepper to taste**

1. Bring a large pot of water to a boil. Cook pasta according to package directions.

2. Meanwhile, combine arugula, Parmesan, sunflower seeds, garlic, lemon zest and salt in a food processor; process until smooth. With the motor running, add lemon juice and oil; process until combined.

3. Reserve $\frac{1}{2}$ cup cooking water, then drain the pasta. Transfer the pasta to a large bowl and add the pesto, beans, sun-dried tomatoes, onion and pepper; toss to combine. Add just enough of the reserved pasta-cooking water to get a creamy consistency; toss to coat.

SERVES 8: 1¼ cups each

Cal 497 **Fat** 25g (sat 4g) **Chol** 6mg **Carbs** 59g **Total sugars** 6g (added 0g) **Protein** 17g **Fiber** 10g **Sodium** 461mg **Potassium** 829mg.

Real almonds.



You can't fake
delicious.



Colors By Nature

Plants have got it going on when it comes to putting the shades of the rainbow on glorious display. That's why we turn to them here to doll up cakes, cookies and more.

By Nancy Baggett

—
PHOTOGRAPHY BY
LEIGH BEISCH





— COLORED —
WITH
goldenberries
ORANGE OMBRE CAKE
P.98



To see how to create this
ombre effect, hover your
phone's camera over this code.

— COLORED —
WITH

raspberries

BUNNY CUPCAKES, P.100



FREEZE-DRIED FRUIT FOR FOOD COLORING

Freeze-dried fruits have all their water removed in a heat-free, vacuum process that also protects colors, keeps flavors fresh and fruity and creates a crumbly texture (unlike the leathery, traditionally dried ones). Ground into powder, they're ideal for coloring.

Where to Buy:

Both freeze-dried fruit and pre-ground powders are readily available. Look for them at the supermarket with other dried fruit or online at [amazon.com](https://www.amazon.com).

To Prepare Them:

Grind freeze-dried fruits in a food processor until they become a fine powder. (If you find dried fruits already powdered, there's not need to grind them.)

ALL-NATURAL OFF-THE-SHELF

There's an array of all-natural food colorings that work well for most any recipe (but can't be swapped in equal amounts for fruit powders). Brands we tried and liked include: McCormick, Watkins, ColorKitchen, ChefMaster and Supernatural.



— COLORED —
WITH

blueberries

SHORTBREAD COOKIES WITH
BLUEBERRY SPARKLING SUGAR,
P.99

— COLORED —
WITH

*pomegranate
& beets*

NATURALLY RED VELVET
DOUGHNUTS, P.99

— COLORED —
WITH

mixed berries

SUGAR COOKIES WITH
BERRY ROYAL ICING, P.101



WHAT'S BETTER
THAN A HIGH FIBER
BREAKFAST?

A TASTY, HIGH FIBER
BREAKFAST
WITH RAISINS.

Kellogg's
**Raisin
Bran**

Orange Ombre Cake

ACTIVE: 1 hr TOTAL: 1 hr 50 min

EQUIPMENT: Three 8-inch round cake pans, parchment paper, large icing spatula

People will ooh and aah over the light-to-dark-shaded ombre-style frosting, but they'll be even more impressed to learn the colors come from fruit alone. The pro look of this cake may seem daunting but it's easy to pull off. Just be sure that the three shades of frosting you mix differ enough to contrast nicely on the cake. (Photo: page 93.)

CAKE

- 1 cup cake flour
- 1 cup white whole-wheat flour
- 1¼ cups granulated sugar, divided
- 2¼ teaspoons baking powder
- ½ teaspoon salt
- ½ cup safflower or canola oil
- ⅓ cup frozen orange juice concentrate, thawed
- ¼ cup water
- 2 teaspoons grated orange zest
- 1 teaspoon grated lemon zest
- 2 teaspoons vanilla extract
- 4 large egg yolks, at room temperature
- 6 large egg whites, at room temperature
- 2 teaspoons lemon juice

FROSTING

- ½ cup freeze-dried goldenberry powder (see Tip, page 94)
- 2 tablespoons warm water, plus more if needed
- 2 8-ounces packages reduced-fat cream cheese, softened
- 1¼ cups confectioners' sugar
- ¾ teaspoon grated orange zest
- ½ teaspoon grated lemon zest

- 1. To prepare cake:** Preheat oven to 325°F. Coat three 8-inch cake pans with cooking spray and line the bottoms with parchment. Coat the parchment with cooking spray.
- 2.** Whisk cake flour, whole-wheat flour, 1 cup granulated sugar, baking powder and salt in a medium bowl. Beat oil, orange juice concentrate, ¼ cup water, 2 teaspoons orange zest, 1 teaspoon lemon zest and vanilla in the bowl of a stand mixer on low speed until well blended. On medium speed, gradually beat in egg yolks until thoroughly incorporated. Add the dry ingredients in 3 batches, beating on low just until smooth.
- 3.** Beat egg whites in the stand mixer with the whisk attachment until foamy and opaque, about 1 minute. Add lemon juice and continue beating until soft peaks form, about 3 minutes. Gradually add the remaining ¼ cup granulated sugar.

Increase speed to high and continue to beat until stiff peaks form, 2 to 4 minutes more.

4. Gently fold one-third of the egg whites into the batter. Repeat with another one-third, folding until no white remains. Then thoroughly fold in the remaining whites, carefully reaching to the bottom of the bowl and lifting up to blend the batter with the whites until no streaks remain. Divide the batter equally among the prepared pans.

5. Bake until the tops are light brown and a toothpick inserted in the centers comes out clean, 20 to 25 minutes. Cool in the pans on wire racks for 5 minutes. Run a knife around the edges of the pans, then turn the layers out onto the wire racks to cool completely, about 30 minutes.

6. To prepare frosting: Combine goldenberry powder and 2 tablespoons warm water to create a paste. Beat cream cheese, confectioners' sugar, orange zest and lemon zest with an electric mixer until fluffy, about 2 minutes. Transfer 1 cup of the frosting to a small bowl. Transfer ½ cup to another small bowl and stir in 1½ teaspoons of the goldenberry paste. Transfer ½ cup frosting to another small bowl and stir in 1 tablespoon of the goldenberry paste. Stir the remaining 3 tablespoons goldenberry paste into the remaining ½ cup frosting.

7. Place one layer on a cake stand or plate. Spread 2 tablespoons of dark orange frosting on top to within ¼ inch of the edge. Top with a second cake layer. Spread 2 tablespoons of medium orange frosting on top to within ¼ inch of edge. Top with the third cake layer. Spread half of the white frosting over the whole cake. Place the cake in the freezer while you prepare the piping bags.

8. Transfer the three colored frostings to small piping bags (or sealable plastic bags with a corner snipped off). Starting with the bottom layer, pipe a band of dark orange frosting a third of the way up the cake. Then pipe a medium orange band of frosting around the middle of the cake. Pipe the light orange frosting around the sides of the top layer. Spread the remaining white frosting over the top of the cake. Dip a large icing spatula or knife in hot water and use it to spread and smooth the frosting on the sides while rotating the cake. Dip again and smooth the frosting on top of the cake.

SERVES 16: 1 slice each

Cal 329 **Fat** 14g (sat 5g) **Chol** 53mg **Carbs** 44g **Total sugars** 29g (added 25g) **Protein** 6g **Fiber** 1g **Sodium** 285mg **Potassium** 112mg.

Naturally Red Velvet Doughnuts

ACTIVE: 45 min TOTAL: 1 hr

TO MAKE AHEAD: Refrigerate airtight for up to 2 days or freeze for up to 1 month. Bring to room temperature before serving.

EQUIPMENT: Two 6-cup doughnut pans
Cake batters require a lot of food coloring or they end up looking faded. For these un-fried doughnuts we use both sweet red beets and powdered freeze-dried pomegranate arils to deliver a rich, red along with bonus antioxidants and fiber. (Photo: page 96.)

DOUGHNUTS

- ¾ cup chopped cooked peeled beets
- ¾ cup granulated sugar
- 1 large egg yolk, at room temperature
- ½ teaspoon kosher salt
- ¾ cup buttermilk
- 1 tablespoon vanilla extract
- 1 cup all-purpose flour
- 1 cup white whole-wheat flour
- ¼ cup freeze-dried pomegranate powder (see Tip, page 94)
- 2½ tablespoons unsweetened natural cocoa powder (not Dutch-process), sifted
- 1½ teaspoons baking powder
- ⅓ cup safflower or canola oil
- 3 tablespoons unsalted butter, softened

FROSTING

- 1 cup confectioners' sugar
- 1 tablespoon reduced-fat cream cheese, softened
- 2 teaspoons lemon juice
- ¼ teaspoon vanilla extract

- 1. To prepare doughnuts:** Preheat oven to 350°F. Generously coat 12 standard-size doughnut pan cups with cooking spray.
- 2.** Process beets in a food processor until finely chopped, scraping down the sides as necessary. Add granulated sugar, egg yolk and salt; process until completely smooth, 3 to 4 minutes. Add buttermilk and 1 tablespoon vanilla; process, scraping down the sides as needed, until evenly incorporated.
- 3.** Combine all-purpose flour, whole-wheat flour, pomegranate powder, cocoa and baking powder in a medium bowl. Beat oil and butter in a large bowl with an electric mixer until thoroughly blended. With the mixer on low speed, alternately mix the dry ingredients and the wet ingredients into the oil mixture, starting and ending with the dry ingredients and scraping down the sides as needed, until just combined. Divide the batter among the prepared doughnut cups.

- 4.** Bake until a toothpick inserted in the thickest part of a doughnut in the center of the pan comes out clean, 13 to 16 minutes. Cool in the pan on a wire rack for 10 minutes. Remove the doughnuts from the pan, inverting so the bottoms become the tops, and let cool completely on the rack.

- 5. To prepare frosting:** Beat confectioners' sugar, cream cheese, lemon juice and vanilla in a medium bowl with an electric mixer until smooth. Dip the doughnuts in the frosting. Let stand for about 5 minutes so the frosting can set.

SERVES 12: 1 doughnut each

Cal 271 **Fat** 10g (sat 3g) **Chol** 24mg **Carbs** 43g **Total sugars** 25g (added 22g) **Protein** 4g **Fiber** 2g **Sodium** 169mg **Potassium** 86mg.

Shortbread Cookies with Blueberry Sparkling Sugar

ACTIVE: 40 min TOTAL: 1 hr 35 min

TO MAKE AHEAD: Store sparkling sugar (Steps 1-2) airtight at room temperature for up to 1 month. Store cookies airtight for up to 1 week or freeze for up to 1 month.

EQUIPMENT: Parchment paper

Store-bought decorative sugars just add color and sweetness to baked goods. But when you make your own, like the blueberry sugar here, you add flavor as well. (Photo: page 95.)

BLUEBERRY SPARKLING SUGAR

- ⅓ cup sparkling white crystal decorating sugar or sanding sugar
- 1 teaspoon freeze-dried blueberry powder (see Tip, page 94)
- ½ teaspoon water

COOKIES

- 1 cup all-purpose flour
- ¾ cup white whole-wheat flour
- ¼ teaspoon baking powder
- ¼ teaspoon salt
- ½ cup unsalted butter, melted and cooled
- 1 tablespoon safflower or canola oil
- ⅓ cup granulated sugar
- 2 teaspoons vanilla extract
- 1-2 tablespoons water, as needed

- 1. To prepare sparkling sugar:** Preheat oven to 200°F. Line a rimmed baking sheet with parchment paper.
- 2.** Whisk decorating (or sanding) sugar and blueberry powder in a medium bowl. Add water and stir until the sugar is evenly coated. Spread into an even layer on the prepared pan. Place in the oven and turn off the heat. Let the sugar dry for at least 30 minutes and up to 2 hours. (If using right away, the sugar doesn't have to be completely dry.) If there are clumps,

A GOOD SOURCE OF FIBER AND A GREAT SOURCE OF CRUNCHY DELICIOUSNESS.

Kellogg's
Raisin Bran Crunch
Original



NUTS ABOUT FIBER?

**CRUNCHY VANILLA
ALMOND IS A GOOD
SOURCE OF IT.**

Kellogg's
**Raisin
Bran**
Crunch
Vanilla Almond

lay a sheet of parchment on top of the sugar and use a rolling pin to crush.

3. Meanwhile, prepare cookies: Whisk all-purpose flour, whole-wheat flour, baking powder and salt in a medium bowl. Beat butter, oil, sugar and vanilla in a large bowl with an electric mixer until smooth, 1 to 2 minutes. Gradually beat the dry ingredients into the wet ingredients on low speed until evenly incorporated. If the dough does not come together, add water, 1 tablespoon at a time until it holds together.

4. Transfer the dough to a large sheet of parchment paper and shape into a rough square. Cover with another sheet of parchment and roll out into a 12-inch square. Check the underside and roll out any wrinkles. Place the dough, with the parchment, on a large cutting board and refrigerate.

5. When the sugar is done, increase oven temperature to 325°. Line a large baking sheet with parchment paper.

6. Peel the top sheet of parchment off the dough and set aside. With a large knife, carefully trim the dough to form an even square; discard trimmings. Sprinkle the dough evenly with the blueberry sparkling sugar. Replace the parchment over the sugar and press down to embed the sugar in the dough. Discard the top sheet and cut the dough into 36 squares. Using a spatula, transfer the cookies to the prepared pan, spacing them about ½ inch apart.

7. Bake the cookies for 10 minutes. Reduce oven temperature to 250°. Continue baking until the cookies are lightly browned on the bottom, 10 to 12 minutes more. Let cool on the pan for 10 minutes, then transfer to wire racks to cool completely.

MAKES: 36 cookies (per cookie)

Cal 66 **Fat** 3g (sat 2g) **Chol** 7mg **Carbs** 10g **Total sugars** 4g (added 4g) **Protein** 1g **Fiber** 1g **Sodium** 20mg **Potassium** 9mg.

Bunny Cupcakes

ACTIVE: 1½ hrs **TOTAL:** 1 hr 50 min

TO MAKE AHEAD: Store sparkling sugar (Steps 1-2) airtight at room temperature for up to 1 month. Refrigerate decorated cupcakes for up to 2 days.

EQUIPMENT: Parchment paper, 2 muffin tins with 12 (½-cup) cups

These adorable cupcakes are oh-so-simple to make. A split marshmallow dusted with colored sparkling sugar makes "ears" that say "rabbit" at a glance. (Photo: page 94.)

MARSHMALLOW "BUNNY EARS"

½ cup sparkling white crystal
decorating sugar or sanding sugar

1 teaspoon freeze-dried raspberry
powder (see *Tip*, page 94)

½ teaspoon water

24 marshmallows

CUPCAKES

1½ cups cake flour

1½ cups white whole-wheat flour

2¼ teaspoons baking powder

½ teaspoon salt

½ cup (1 stick) unsalted butter, softened

⅓ cup safflower or canola oil

1½ cups granulated sugar

3 large eggs, at room temperature

1 tablespoon vanilla extract

1 tablespoon grated lemon zest

1 cup low-fat milk, at room
temperature

FROSTING

1 tablespoon freeze-dried raspberry
powder

1 tablespoon low-fat milk

½ cup (1 stick) unsalted butter, at
room temperature

1½ cups confectioners' sugar

1. To prepare sparkling sugar: Preheat oven to 200°F. Line a rimmed baking sheet with parchment paper.

2. Whisk decorating (or sanding) sugar and raspberry powder in a medium bowl. Add water and thoroughly stir until the sugar is evenly coated. Spread into an even layer on the prepared pan. Place in the oven and turn off the heat. Let the sugar dry for at least 30 minutes and up to 2 hours. (If being used right away, the sugar doesn't have to be completely dry, but must be if stored.) If there are clumps, lay a sheet of parchment on top and roll a rolling pin over the sugar to crush into fine bits. Set aside.

3. To prepare cupcakes: Increase oven temperature to 325°. Coat two 12-cup muffin tins with cooking spray or line with cupcake liners.

4. Whisk cake flour, whole-wheat flour, baking powder and salt in a medium bowl. Beat butter, oil and granulated sugar in a large bowl on medium speed until well blended. Increase speed to high and beat until light in color, thickened and creamy, 2 to 3 minutes. Gradually beat in eggs, vanilla and lemon zest, scraping down the sides as needed. With the mixer on low speed, alternately mix in the dry ingredients and 1 cup milk, starting and ending with the dry ingredients and scraping down the sides as needed until well blended. Don't overmix.

5. Divide the batter among the prepared muffin cups. Bake until the tops spring back when lightly touched and a toothpick inserted in the center comes out

clean, 18 to 22 minutes. Transfer the cupcakes to a wire rack to cool completely, about 20 minutes.

6. Meanwhile, prepare frosting: Combine raspberry powder and milk in a small bowl. Beat butter and confectioners' sugar in a large bowl with an electric mixer until smooth. Add the raspberry mixture and beat until smooth.

7. To decorate: Frost the cupcakes. Cut marshmallows in half diagonally. Immediately dip the sticky, cut side in the reserved raspberry sparkling sugar. Position the marshmallows on the cupcakes to look like bunny ears.

SERVES 24: 1 cupcake each

Cal 280 **Fat** 12g (sat 5g) **Chol** 44mg **Carbs** 42g **Total sugars** 26g (added 26g) **Protein** 3g **Fiber** 1g **Sodium** 115mg **Potassium** 51mg.

Sugar Cookies with Berry Royal Icing

ACTIVE: 1 hr 20 min **TOTAL:** 1 hr 20 min

TO MAKE AHEAD: Freeze decorated cookies in an airtight container for up 1 month.

EQUIPMENT: Parchment paper, 2½- to 3-inch cookie cutters

Here's a great, all-purpose recipe for sugar cookies, but the real gem is the method for making a beautiful set of royal icings to decorate them. We've used a trio of berry powders to make the colors here, but you can make other colors with almost any freeze-dried fruit (or vegetable). (Photo: page 97.)

COOKIES

- 1½ cups all-purpose flour
- 1½ cups white whole-wheat flour
- 1 teaspoon baking powder
- ½ teaspoon salt
- ½ cup (1 stick) unsalted butter, softened
- 2 tablespoons safflower or canola oil
- 1 cup granulated sugar
- 1 large egg, at room temperature
- 2½ teaspoons vanilla extract
- 1-2 tablespoons water, as needed

ICING

- 2 cups confectioners' sugar, plus more as needed
- 1½ tablespoons meringue powder or egg white powder (see *Tip, right*)
- ¼ cup warm water, plus more as needed
- 2 teaspoons each freeze-dried raspberry, freeze-dried blueberry & freeze-dried dried goldenberry powders (see *Tip, page 94*)

1. To prepare cookies: Whisk all-purpose flour, whole-wheat flour, baking powder and salt in a large bowl. Beat butter, oil

and granulated sugar in a medium bowl with an electric mixer on medium speed until very light and fluffy, about 2 minutes. Beat in egg and vanilla until smooth. Gradually beat the dry ingredients into the wet ingredients to form a smooth, slightly stiff dough. If the dough is too stiff, add water, 1 tablespoon at a time.

2. Divide the dough in half and shape into flat disks. Place each between large sheets of parchment paper. Roll out to ¼-inch thick. Stack the dough pieces with their parchment on a baking sheet. Refrigerate until cold, about 30 minutes, or freeze for about 15 minutes.

3. Preheat oven to 350°F. Line several large baking sheets with parchment paper.

4. Working with one piece of dough at a time, gently peel away the bottom sheet of parchment, then pat it back into place. (This will make it easier to lift cookies off later.) Remove the top sheet and cut out cookies with 2½- to 3-inch cookie cutters. Transfer the cookies to the prepared pans, spacing them about 1½ inches apart. Reroll any dough scraps and continue cutting out cookies until all the dough is used. (If at any point the dough softens too much to handle easily, refrigerate until firm again.)

5. Bake the cookies, one pan at a time, until golden at the edges, 9 to 12 minutes. Transfer the pan to a wire rack and let cool for 2 minutes, then transfer the cookies to the rack to cool completely.

6. To prepare icing: Whisk confectioners' sugar and meringue powder (or egg white powder) in a medium bowl. Whisk in ¼ cup warm water. Divide the icing equally among 3 bowls. Add one powder to each bowl, stirring until evenly blended. If necessary, stir in more confectioners' sugar or water to achieve your preferred consistency. Ice the cookies as desired.

MAKES: 28 cookies (per cookie)

Cal 148 **Fat** 5g (sat 2g) **Chol** 15mg **Carbs** 25g **Total sugars** 16g (added 16g) **Protein** 2g **Fiber** 1g **Sodium** 62mg **Potassium** 29mg.

TIP: Meringue powder in royal icing helps keep the delicate natural pigments from fading or bleeding together. It's made with powdered egg whites along with other ingredients found in meringues, like cream of tartar. Find meringue powder in the cake-decorating section of craft stores, larger supermarkets and online. You can substitute egg white powder. ▀

NANCY BAGGETT is a longtime EatingWell contributor and expert on baking and natural coloring. She lives in Elliot City, Maryland.

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JENNIFER CAUSEY

Color Naturally

Use this method to transform everyday foods into six pretty Easter egg dyes. By Nancy Baggett

TO MAKE AHEAD:

Refrigerate dyed eggs in their cartons for up to 1 week. (Note: Colors may change over time.)

EQUIPMENT: 6 cups or large ramekins

- 4 cups chopped red cabbage
- 4 cups chopped red beets
- 4½ cups water, divided
- 3 tablespoons ground turmeric
- 4½ tablespoons white vinegar
- 2 dozen hard-boiled white eggs, at room temperature

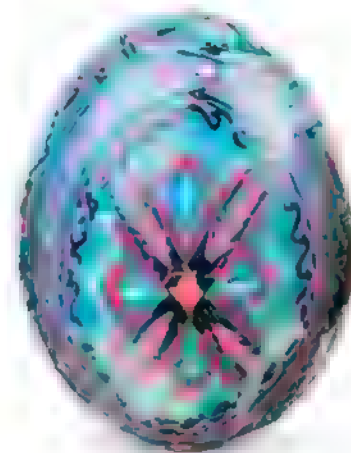
1. Place cabbage and beets in separate large saucepans. Add 1½ cups water to each saucepan, bring to a boil, reduce heat and simmer until the vegetables are tender, 15 to 20 minutes. Strain the juice from each through a fine-mesh sieve into separate measuring cups. Add water if necessary until yield from

each is at least 1½ cups.

2. Meanwhile stir turmeric and 1½ cups water in a microwave-safe bowl until well blended. Cover and microwave on High for 2 minutes. Stir and let cool slightly.

3. Stir 1½ tablespoons vinegar into each bowl of primary (blue, red and yellow) dye colors. To make purple: Combine ½ cup each red and blue. To make orange: Combine ½ cup each red and yellow. To make green: Combine ½ cup each yellow and blue.

4. Soak each egg in a cup (or ramekin) of dye for at least 20 minutes. For more-intense colors, refrigerate the eggs in the dyes overnight. Remove the eggs from the dyes using a slotted spoon. Shake off gently and if particles (particularly from turmeric) are clinging to the shell, gently pat them off with a damp paper towel.



Easter Egg Traditions Beyond Baskets

Ukraine Easter eggs (above) called *pysanky* (which derives from the verb “to write”) feature elaborate, colorful patterns made with a wax-resist technique: drawing on the egg with wax, then dipping it to color the areas not covered with wax.

Germany While the exact origins are a mystery, for hundreds of years *Ostereierbaum*, or Easter egg trees, have featured colored eggs hung on branches.

Mexico Along the Tex-Mex border, people carry *cascarones*, eggs that have been emptied, cleaned, decorated and filled with confetti, to crack on recipients’ heads for good luck.



Should You Worry About Cholesterol?

In recent years, we've learned that dietary cholesterol is not the health culprit we once believed it to be. Large new observational studies, including one that reviewed data from 177,000 people in 50 countries, have found that moderate egg intake (about 1 egg per day) is not associated with elevated blood cholesterol or increased heart disease risk. Most experts now agree that eating eggs in moderation is not a particular concern. And the Dietary Guidelines no longer have a recommended daily max for the amount of cholesterol we eat.

Don't Skip the Yolk!

Egg yolks are the most concentrated source of choline in the American diet. Your brain and nervous system need this nutrient to regulate memory, mood and muscle control.

A Visual Guide to Hard-Boiled Eggs

Our method: Cover cold eggs with water in a saucepan set over medium-high heat. When the water just begins to boil, reduce to a bare simmer. Set timer for desired doneness (see below), then transfer the eggs to a bowl of ice water to stop cooking.



"Runny"
Cook for 6 minutes



"Jammy"
Cook for 8 minutes



"Perfect"
Cook for 10 minutes

Pimento Cheese Deviled Eggs

Looking for a seriously crowd-pleasing appetizer? Your search ends here with our spin on deviled eggs that celebrates the classic Southern spread.

Peel 12 **hard-boiled large eggs**; halve lengthwise with a sharp knife. Gently remove the yolks and place in a food processor. Add $\frac{1}{2}$ cup shredded **sharp Cheddar cheese**, $\frac{1}{4}$ cup **mayonnaise**, 2 Tbsp. each chopped jarred **pimientos** and chopped **scallions**, $\frac{1}{8}$ tsp. each **salt** and **ground pepper** and a pinch of **garlic powder** and/or **onion powder**; process until smooth. Spoon or pipe about 1 Tbsp. filling into each egg white half. Top with more chopped **scallions**, if desired.
Serves 24: $\frac{1}{2}$ egg each. **Calories per egg:** 61.
TO MAKE AHEAD: Refrigerate for up to 1 day.

Labels to Look For

Home in on these regulated terms if you want to know how hens were fed and raised.

Cage-free Hens aren't confined to small cages (a definite plus), but that doesn't mean they necessarily get to go outdoors, or even have much room to move around.

Free-range Hens have continuous access to the outdoors, but the USDA doesn't specify how much space they must have.

Organic Eggs that are laid by cage-free or free-range hens raised on organic feed.

Animal Welfare Approved For proof free-range birds have ample room to roam, look for an additional third-party certification like this one. Similar seals to look for include "Certified Humane Raised and Handled" and "American Humane Certified."



3 Tools Worth Trying



Solidteknics

Skillet

Once seasoned, this 7½" wrought-iron skillet is nonstick like cast iron, but way more lightweight. And the surface won't degrade like some nonsticks will. **\$60, amazon.com**



PoachPod

Crack an egg into this silicone boat and then float in simmering water. It emerges poached and perfectly shaped, with no wispy white bits trailing off. **\$10 for 2, fusionbrands.com**

The Original Clack Egg Opener

Cleanly clips the tops off soft-boiled eggs—because who wants to eat shell shards? **\$20, amazon.com**



Hover your phone's camera over this smart code to shop for these products.

Let Them Eat Quiche!

Quiche Lorraine is a classic French dish that makes for a hearty breakfast, lunch or dinner. (Photo: page 2.)

ACTIVE: 25 min **TOTAL:** 1¼ hrs

TO MAKE AHEAD: Refrigerate for up to 3 days.

- 1** 9-inch prepared whole-wheat pie crust
- 4** ounces thick-cut bacon (about 2 slices), cut into ½-inch pieces
- 1** cup thinly sliced onion
- 4** large eggs, lightly beaten
- 1½** cups whole milk
- ¼** teaspoon freshly grated nutmeg
- ¼** teaspoon salt
- ¼** teaspoon ground pepper
- 1** cup shredded Gruyère cheese

- 1.** Preheat oven to 375°F.
- 2.** Pierce bottom and sides of pie crust with a fork. Bake for 15 minutes. Transfer to a wire rack. Reduce oven temperature to 350°.
- 3.** Meanwhile, cook bacon in a large skillet over medium-low heat, stirring occasionally, until crisp, 8 to 10 minutes. Remove to a clean plate with a slotted spoon. Add onion to the pan and cook, stirring occasionally, until tender, 4 to 6 minutes. Scrape the onion into the crust.
- 4.** Whisk eggs, milk, nutmeg, salt and pepper in a medium bowl. Sprinkle the bacon and half the Gruyère over the onion, then pour the egg mixture over the top. Sprinkle with the remaining cheese. Set the pan on a baking sheet.
- 5.** Bake the quiche until the top is golden brown and the filling is set, about 40 minutes. Let cool for 15 minutes before serving.

SERVES 6: 1 wedge each

Cal 332 **Fat** 23g (sat 11g) **Chol** 153mg

Carbs 17g **Total sugars** 5g (added 0g)

Protein 16g **Fiber** 3g **Sodium** 380mg

Potassium 203mg.

See how to make Chicks & Bunnies (Soft-Boiled Eggs & Soldiers) at EatingWell.com/softboiled

280

Number of eggs the average American eats in a year.

24–26 hours

Length of time it takes a hen to develop an egg. Once she lays it, a new one starts to develop within 30 minutes.

Up Your Egg Game

Sunny-Side Up Does it seem like there's always one stubborn piece of egg white that's not cooked through when the yolk is ready? Well, here's a Test Kitchen tip for avoiding it: After you crack the egg into the skillet, carefully pinch

the spot where the white meets the yolk with clean fingers. It will release the rest of the white and help it spread out and cook evenly.

Scrambled The key to the fluffiest scrambled eggs: whisking them vigorously for a minute before cooking (don't skimp on the time—you want all those air bubbles).

Steamed Compared to hard-boiling, steaming doesn't jostle eggs around as much (lowering your risk for cracks). Prepare a large saucepan with a steamer basket and, once the water is boiling, add your eggs to the basket in a single layer. Set a timer for your desired doneness (see page 105), then transfer the eggs to a bowl of ice water. 🍳

		CALORIES	CARBS (G)	ADDED SUGARS (G)	PROTEIN (G)	FIBER (G)	SODIUM (MG)	POTASSIUM (MG)	CALCIUM (% DV)	FOLATE (% DV)	IRON (% DV)	VITAMIN A (% DV)	VITAMIN B12 (% DV)	VITAMIN C (% DV)	45 MINUTES OR LESS	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN
Appetizers & Sides																				
72	Beet Carpaccio with Truffles	144	6	0	2	2	160	177												
23	Cheesy Potato Skins	141	19	0	4	1	197	435												
35	Honey-Chile Glazed Brussels Sprouts	232	38	17	8	8	353	842		32		35		294						
23	Melting Potatoes	206	28	0	3	2	315	842												
105	Pimiento Cheese Deviled Eggs	61	0	0	4	0	78	40												
23	Potato & Asparagus Rösti	206	19	0	3	2	305	62						23						
90	Roasted Parsnip Chips	90	12	0	1	3	103	242												
78	Roasted Purple Carrots with Black Sesame Dukkah	160	16	0	3	5	240	496				450								
72	Scallop Crudo with Truffle Vinaigrette	191	7	0	5	1	268	136												
Salads																				
78	German-Style Purple Potato Salad	129	17	0	3	1	245	61						34						
35	Kohlrabi & Carrot Salad with Cheddar	219	7	0	4	3	246	299				116		52						
72	Mâche & Shaved Asparagus Salad with Truffle Vinaigrette	141	5	0	5	2	296	167		26		69		49						
90	Massaged Kale Salad with Grapes & Cheddar	249	19	4	9	3	224	370		21		116		124						
78	Purple Power Slaw with Sesame-Ginger Vinaigrette	96	6	2	1	1	218	112				33		27						
87	Strawberry Basil Quinoa Salad	247	26	1	6	3	309	272						48						
Vegetarian																				
91	Arugula Lemon Pesto Pasta Salad	497	59	0	17	10	461	829		29	24			22						
90	Beet Burgers	205	16	0	8	4	430	255				37								
78	Coconut Black Rice Bowls with Tofu & Purple Asparagus	577	50	3	18	8	815	189			28									
80	Shaved Purple Artichoke & Asparagus Pizza with Lemon & Pecorino	403	41	0	19	3	706	162	40											
72	Soft Scrambled Eggs with Truffle Butter	258	22	0	10	2	319	73												
Chicken																				
33	Chicken Cutlets with Rhubarb Sauce	218	11	4	27	1	360	545												
28	Herb-Roasted Chicken with Potatoes, Olives & Feta	480	33	0	29	2	542	296						71						
18	Honey-Mustard Chicken with Asparagus Farrotto	508	50	9	36	6	569	577			24	23		23						
86	Massaman Curry Chicken with Turmeric Brown Rice	599	80	3	30	7	796	532	22		23	68		177						
14	Spiced Grilled Chicken with Cauliflower Tabbouleh	341	8	0	28	3	522	711				61		123						
80	Sumac Chicken Thighs with Purple Cauliflower	567	18	0	39	6	653	1,203			20	37		193						
Fish & Seafood																				
34	Crispy Cod with Charred Snow Peas & Creamy Herb Sauce	270	11	0	26	3	462	264						43						
10	Lemon & Fennel Poached Salmon	365	5	0	30	2	445	782						22						
30	Sesame Stir-Fry Shrimp & Spinach	339	34	4	20	3	920	285		27		56	21	24						
Beef & Pork																				
27	Crispy Ham & Pea Shoot Salad	331	14	0	13	5	500	253				60		62						
16	Curried Beef & Pea Hand Pies	442	38	0	30	3	662	485												
12	Grilled Chile-Pineapple Pork Chops	337	42	4	28	4	667	720						194						
106	Quiche Lorraine	332	17	0	16	3	380	203	24											
20	Sheet-Pan Steak Fajitas	495	35	0	37	8	394	746			27	68	34	268						
Desserts & Baked Goods																				
83	Blackberry & Blueberry Cake Bars	257	30	14	4	3	185	110												
100	Bunny Cupcakes	280	42	26	3	1	115	51												
99	Naturally Red Velvet Doughnuts	271	43	22	3	2	169	86												
98	Orange Ombre Cake	329	44	25	6	1	285	112												
99	Shortbread Cookies with Blueberry Sparkling Sugar	66	10	4	1	1	20	9												
101	Sugar Cookies with Berry Royal Icing	148	25	16	2	1	62	29												
88	Whole-Wheat Strawberry Muffins	179	30	11	3	3	255	70												

Key to Index & Nutrition Info

- Recipes are tested in the *EatingWell* Test Kitchen by at least two people on gas and electric stoves.
- Testers shop major supermarkets to research availability of ingredients.
- "Active" time includes prep and time spent tending to food as it cooks and getting it to the table for serving.
- "Total" time indicates the entire amount of time required for each recipe, start to finish.
- "To Make Ahead" gives storage instructions to help you plan. If particular nonstandard "Equipment" is needed, it's listed at the top of the recipe.

How We Analyze Recipes

- All recipes are analyzed for calories, total & saturated fat, cholesterol, carbohydrates, total & added sugars, protein, fiber, vitamins and minerals by a Registered Dietitian using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. Extra nutrition information appears with each recipe on eatingwell.com. More info: eatingwell.com/go/guidelines
- Garnishes and optional ingredients are not analyzed.
- To help people eat in accordance with the USDA's Dietary Guidelines for Americans, *EatingWell's* suggested portions are based on standard serving sizes. Suggested servings for meat, poultry and fish are 3 to 4 oz., cooked.

Vegetable side dishes are a minimum of ½ cup. Starch-based side dishes (e.g., rice or potatoes) are also ½ cup.

Key to Column Labels

- % Daily Value:** Recipe provides 20% or more of the Daily Value (DV) of a nutrient for adults eating 2,000 calories/day.
- 45 Minutes or Less:** A recipe's start-to-finish (total) time is 45 minutes or less.
- Gluten-Free:** No wheat, rye or barley.
- Heart-Healthy:** Limited saturated fat and sodium.
- Low-Cal:** Recipes are relatively low in calories.
- Vegan:** No animal products.
- Vegetarian:** Meatless (or meatless options listed first).



Amy Wright (center) and Beau Wright (center, seated) with employees at their Wilmington, North Carolina, location.

Come for the Coffee, Stay for the Company

Amy Wright started a coffee shop to employ people with intellectual and developmental disabilities—and joined a human rights movement.
By Jessica Farthing • Photo by Peter Frank Edwards

WHO SHE IS Like every parent, Amy Wright dreamed about her children's futures—the sports they'd play, the colleges they'd attend, the careers they'd have. Then Beau, her third child, was born with Down syndrome, a congenital chromosomal condition that results in cognitive delays and an increased risk of certain medical conditions. And when she learned her fourth, Bitty, would also have Down syndrome, she began researching what their futures might look like. What she found was disheartening. Over 80% of adults with intellectual and developmental disabilities (IDD) were unemployed.

WHAT SHE DID Determined to change that statistic, in January 2016, Wright opened Beau's Coffee in Wilmington, North Carolina, and hired 19 people with IDD. "A coffee shop seemed like the perfect way to bring people together," she says. That original spot was just 500 square feet. By the end of its first month in business, the shop was so popular that lines wrapped around the building. Six months later, Wright expanded it to a 5,000-square-foot location, renaming it Bitty & Beau's Coffee. (It was Beau's request to honor his little sister by adding her name to the shop.) Now, with additional cafés in Charleston, South

Carolina; Savannah, Georgia; and one opening soon in Annapolis, Maryland, Wright employs more than 120 people with IDD.

WHY IT'S COOL "People come from all over the world to our coffee shop in Wilmington," Wright says. "We started out thinking, 'Let's create 20 jobs in our community,' but we learned we had been trusted with a bigger job: if we could change the way employers thought about people with disabilities, then we could affect business culture everywhere. We are part of a human rights movement." The Wrights have also shown senators and the secretary of labor around their Wilmington location as part of their advocacy work to end laws that allow employers to offer people with IDD lower wages. Employee Jesse Guillaume, who has cerebral palsy, says it best: "When someone walks into a Bitty & Beau's and takes the time to talk to my co-workers and me, they learn over a cup of coffee."



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